



# Harvey S. Firestone Community Learning Center 2020 Women’s Soccer Program

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## **Introduction and Welcome**

Welcome to the 2020 Firestone CLC Women's Soccer Season!

The Athletic Department and Coaching Staff are excited to begin a successful season in which we work together to achieve our goals for this team. With a combined soccer experience equaling over 60 years, we plan to make this season an experience that each player and parent will be proud of. The Coaching Staff and Athletic Department will work alongside one another to make your time as a member of the Women's Soccer Program a rewarding and positive one. Here you will learn life experience and problem-solving skills, learn the value of hard work and how to be a part of something bigger than just yourself. We strive for a cohesive and judgement free environment, that is, a place where learning can happen and growth is expected.

Included in this handbook are policies and procedures of the Ohio High School Athletic Association (OHSAA), Akron Public School's Interscholastic Athletics Program, and the FHS Women's Soccer Program. We ask that you become familiar with the contents of this handbook as it will serve as your guide for the season and help to address many of your questions and concerns.

Thank you for welcoming the Coaching Staff into the Firestone Community. We look forward to getting to know each of you and to work together for a successful and rewarding team experience. GO STONE!

See you on the pitch!

Firestone Women's Soccer Coaching Staff

## Contact Information

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## School Information

School Name: Harvey S. Firestone Community Learning Center

School Abbreviation: FHS

Nickname: Falcons

Colors: Green and Gold

School Website: [firestoneclc.akronschools.com](http://firestoneclc.akronschools.com)

Athletics Website: [firestoneclc.akronschools.com/programs/athletics](http://firestoneclc.akronschools.com/programs/athletics)

School Facebook: [facebook.com/FirestoneCLC](https://facebook.com/FirestoneCLC)

School Twitter: @FirestoneCLC

School Athletics Twitter: @falcons\_all

School Athletics Instagram: @firestoneallsports

Principal: Mr. Larry Johnson 330-761-1661

## **Mission Statement**

It is the mission of the Firestone CLC learning community to prepare our students to attain their highest degree of academic success.

“Success Is Our Tradition”

## **Philosophy - Firestone CLC**

Firestone High School Athletics are an integral part of the total educational program and contribute substantially to the learning experience of all students. Through interscholastic athletics, an opportunity is provided for students to achieve beyond the normal physical education curriculum. Our program is tailored to provide meaningful learning experiences that fit harmoniously into the over all educational program. We recognize that vigorous physical activity is vital to healthful living and participation in athletics should be founded on clean and disciplined lifestyle. We endeavor to develop young athletes to the full extent of their capabilities.

We believe Interscholastic athletics fosters champions on and off the field. They are an extension of the classroom, built on a culture that promotes character development, teamwork and leadership in all of our student athletes.

## **Philosophy - Women's Soccer Program**

***“A person really doesn't become whole, until he becomes a part of something that's bigger than himself.” -Jim Valvano, Former College Basketball Head Coach***

The Coaching Staff believes in empowering our student-athletes, especially women, to gain knowledge and confidence through training and team building to become the decision makers and leaders that affect change. We believe in being a part of something greater than ourselves. We will work with students as they learn to balance their many responsibilities on and off the pitch. We will also use these words to guide us on our journey: “I can; I will; Now watch me.”

We base our structured program on these core values:

### **Communication**

The ability to share ideas, thoughts, questions, and concerns; player to player, player to coach, player to parent, parent to coach.

### **Humility**

Leave the ego at the door. Appreciate others' strengths and acknowledge the team's success along with individual achievements.

### **Commitment**

There's a difference between “interest” and “commitment.” When you're “interested” in doing something, you do it only when it's convenient. When you're “committed” to something, you accept no excuses; only results.

### **Effort**

Effort is everything! We will always acknowledge, reward, and celebrate those who try.

## Student-Athlete Eligibility

To be a member of an Interscholastic High School sports team, a student athlete must:

- ✓ Be enrolled and maintain a passing grade in a minimum of five, one-credit courses of the equivalent.
- ✓ Maintain an overall GPA of 2.0 or better from previous marking period.  
\*\*If student has an overall GPA of 1.40-1.99 for the preceding marking period, they are eligible to participate in the sport provided they attend a study table for a minimum of three times a week, 45 minutes per study session.\*\*
- ✓ Adhere to all rules and regulations of OHSAA.
- ✓ Have a current physical form on file in the AD's office.
- ✓ Abide by all Athletic Department and team rules.
- ✓ Maintain a favorable standard of conduct.
- ✓ Submit all paperwork required by AD/coaching staff

## Team Specifics Regarding Grades

- Team will work towards an accumulative GPA of **3.0**, ensuring that all of our student-athletes are maintaining a healthy balance of their course work and extracurricular activities.
- Students are expected to turn in all assignments in all classes.
- Students will not use training or match schedule as an excuse for not completing required course work.

\*Week to week goal setting and strategy meetings with coaches will help to monitor the success of our student-athletes.

## **Community/Media/Social Media Policy**

Always represent Firestone CLC in a positive manner both on and off the pitch. Presenting a positive image to prospective students, their parents, the media, and opponents reflects well on Firestone CLC and on our Interscholastic Program.

We live in the Information Age. Information, original content, and instant communication allow for access and interaction with family, friends, teammates, and colleagues. You are a direct representation of the Women's Soccer Program and should use the guide, 'What would Coach say?' before posting, uploading or "snapping" anything during our season.

**The use of technology, including cell phones, tablets, and smart devices during any scheduled soccer activities, except in the event of an emergency, will be strictly prohibited.** The usage of these items will be limited to before and after any scheduled soccer activity. The use of Physical Fitness activity trackers ("Fitbit") will be permitted and encouraged during training only unless otherwise stated by Coach.

**\*\*Soccer activities will be defined as any training, game, scrimmage, or match.**

Any non-professional manner or off-the-cuff remarks made in the heat of competition, a defeatist philosophy, immature judgement, and unbecoming behavior on and off the field, in training and on social media can bring damaging discredit to Firestone CLC and will not be tolerated. Use good judgement.

## **Chemical Abuse Policy**

Firestone CLC's Athletic Chemical Abuse Policy follows the policy in the OHSAA handbook. Illegal substances, performance enhancements, steroid use, and the illegal consumption of alcohol on or off campus by a student-athlete is not tolerated by the athletic department and will be handled by the athletic department in a just and timely manner.

## **Discrimination Policy**

Firestone CLC's Women's Soccer Program has a zero-tolerance policy in regard to bullying. Both internal bullying and the bullying of others will not be tolerated. That includes any attempt made to bully coaching staff or any representative of this program.

Any language, act, display, enactment, gestures, communication, etc.; that is overtly or covertly directed at any individual or group in a demeaning, derogatory, or otherwise abusive and hurtful manner will not be tolerated, and is grounds for suspension or dismissal from the Firestone Women's Soccer Program. These actions will immediately be communicated to the Athletic Department and the parents of those involved.

Firestones Women's Soccer Program is a zero-tolerance environment for racial, sexual, political, nationality, gender, or any other category of discrimination. There are no exceptions to this rule.

## **Quitting/Dismissal Policy**

Firestone Athletics discourages student-athletes from quitting teams. If, for some reason, a student athlete must quit a team, she must notify the coach and return all equipment. After notifying Coach, the student-athlete must schedule a meeting with the Athletic Director. If a student-athlete quits a team after the first contest, no team fees will be refunded.

**\*\*Anyone dismissed from the team/someone who quits, will be reported to the athletics office immediately.**

## **Student Suspension/Termination Policy**

If and when a student-athlete is suspended or terminated from a team due to inappropriate behavior on or off the field, the Athletic Department will be notified immediately prior to the result.

School administrators may choose to penalize your student-athlete; coaches and AD are notified and will meet and comply with what the issues and results are from those meetings.

## **Multiple Team Student-Athlete Policy**

In most cases, student-athletes will be limited to participation on one team per season. Any student-athlete who wishes to participate on more than one team per season must have the permission of the Athletic Director. Student-athletes may not (by OHSAA rule) participate on an interscholastic (FHS) team and an Independent (club) team of the same sport simultaneously.

## **Transportation/Bus Policy**

Student Athletes are transported to and from away events by Akron Public School vehicles/buses.

- Student-Athletes will comply with any and all rules of the Akron Public School Department of Transportation.
- It is the responsibility of the student-athletes to clean all trash and debris from the APS vehicles/buses upon arrival back at Firestone.
- We will leave the vehicles/buses clean and presentable before departing from the vehicle/bus.
- A parent may transport his/her own student-athlete home from an event with the coach's permission by notifying the coach with a handwritten note.
- Student-athletes may not leave a contest with anyone other than a parent. No student athlete will be permitted to leave an event with another student. If parent wishes a student-athlete to be transported by another parent, a request in writing must be given to the coach or to the Athletic Director prior to the event.
- The coaches must ride the bus with the student-athletes and are responsible for the conduct and control of student-athletes on bus.
- Firestone Women's Soccer Program believes that riding the bus together as a team allows for team bonding and match organization. We suggest that all student-athletes make use of this time together.

## **Team Communication Guidelines**

The Coaching Staff will communicate all information to parents and student-athletes via group email, group text message, or group communication app (GroupMe). Items concerning parents will be communicated directly to the parent group.

Direct communication between coaching staff and student-athletes may exist, and can include team and soccer related discussions (time changes, equipment needs, locations, late arrivals, etc.) We encourage the student-athletes to use their GroupMe feed to encourage and support each other. This will also be where some assignments will be posted from Coach.

If your student-athlete has an issue using the GroupMe app, (some younger students may not yet have a phone) it is their responsibility to speak with Coach to make specific arrangements.

Empowerment of the team Captains to convey team and soccer related information may exist, and will be limited to team and soccer related discussions (time changes, equipment needs, locations, late arrivals, etc.)

## **Parent Concerns and Inquiries**

We value our parents' thoughts and suggestions and hope that each parent feels free to correspond with us throughout the season. We welcome asking for a one on one meeting should you wish to discuss the specific goals or training plans of your student-athlete.

Keeping talk in the spectator area positive and uplifting helps to keep with our tradition of maintaining a healthy and productive atmosphere. We are confident our Firestone parents will speak highly of each student-athlete and of Coach. Ask yourself, 'Will I be proud of what I've said or done when I reflect on it tomorrow?'

## **Cool Down Policy**

Parents are asked to refrain from approaching the coaching staff, team, opponent, or match officials directly following an intense training session or match. We ask that you please take the time to send an email with your concern to the Head Coach and she will address it within 24 hours.

## **Team Participation Guidelines**

Selection for the Women's Soccer Team squads will be at the discretion of the Head Coach and Coaching Staff. Selection will be based on the overall need of the team and the best opportunity for the team and each student-athlete to be successful.

**“Talent gets you to the dressing room. How you behave determines if you stay there.” -Shaun Green, NCAA Division I Head Soccer Coach**

Many factors arise throughout a season, unforeseen injury, eligibility, family, work; any may result in the need for student-athletes to participate between squads. These instances will be need based and addressed individually for the overall success of the program.

Prior participation on the Firestone Women's Soccer team will not be a limiting or determining factor in the decisions of the Head Coach and coaching staff with regards to player placement and the best opportunity for the team and the best opportunity for the team and each student-athlete to be successful.

Non-scholastic participation in club soccer in the off-season, this is in-line with the OHSAA Rules, is encouraged. Participation in club soccer will not be a determining factor in the decisions of the Coaches in determining squads based on the overall need of the team and best opportunity for the team and each student-athlete to be successful.

Student-athletes will have one-on-one conversations with the Head Coach and coaching staff to better understand each student-athletes goals and expectations for both themselves individually and how they fit into the overall team program. The coaching staff will work in cooperation with each student-athlete to try to achieve these goals and expectations within the overall team concept.

Seniors eligible to participate in the Soccer Program will be welcomed. Senior participation on the varsity squad will be at the discretion of the Head Coach. Selection will be based on the overall need of the team and the best opportunity for the team and each student-athlete to be successful. If a senior is determined to be best suited for the JV, a one-on-one conversation will be had with that individual to discuss the expectations and commitment to the team.

## Team Captain Guidelines

***“If your actions inspire others to dream more, learn more, do more and become more, you are a leader.” -John Quincy Adams (6<sup>th</sup> President)***

The FHS Women’s Soccer Team will utilize the leadership of a select few student-athletes who personify this team’s core value system in addition to the following qualities:

✓	Passion/Creativity	✓	Patience	✓	Forgiveness
✓	Empathy	✓	Vision	✓	Accountability
✓	Empowerment	✓	Attitude	✓	Desire To Lead

### Desideratum:

- *Put the Team first.*  
Be the kind of teammate you would want to play with and always look for opportunities to help others succeed.
- *Lead by example.*  
Captains do all the things they expect their teammates to do and more.
- *Inspire those around you.*  
Spread your enthusiasm, take on new challenges and show you team that anything is possible.
- *Have a positive relationship with coaches and teammates.*  
Build trust and earn respect by listening to others and let your actions speak for you. Set a high standard for yourself and your teammates.
- *Embody the core values of the team.*  
Be a role model for others and live by the team values.
- *Work hard and step up when the team requires it.*  
Hard work beats out talent. On this team we praise effort. When the opportunity to lead presents itself, grab it. Have an understanding of the Team’s needs and be available.
- *Stay humble and coachable/teachable.*  
Learn something new every session and be open to growth. We all have something to learn from one another.

## **Team Captain Guidelines(cont.)**

Head Coach will make all decisions with regard to Captaincy and will assign tasks and duties based on the need of the team. If, at any time, the chosen Captain(s) neglect(s) their duties or do(es) not adhere to the guidelines found in this manual, the Head Coach reserves the right to remove the Captain(s) from their position(s).

Other responsibilities include but are not limited to: Leading stretch and cool down portion of training, participating in the building and execution of team exercises, making announcements, coin toss during contests, team bonding activities, communication on field, communications in group app, first to arrive at training and much more...

Captain's bands will be worn on the upper arm during training and at all contests to signify that you are the liaison for the team.

This position is an honor and should be viewed as such. Do not chose to try for captain to serve your own needs but to serve the needs of others. You are not just a leader during matches, but at all times.

Any student-athlete wishing to be considered for Captaincy should submit a Captains Intent Form to the Head Coach Amy (AmyFHS2020@gmail.com) before JUNE 1, 2020. To receive this form please send a request via email to Assistant Coach Brian (BrianFHS2020@gmail.com). No forms will be accepted after June 1<sup>st</sup>. There are no exceptions.

Head Coach began Captain try-outs as of the 1<sup>st</sup> team meeting and throughout winter.

## **Lettering Guidelines**

Student-athletes who participate on the Varsity team have an opportunity to earn a letter. This is a fabric “F” for Firestone that is given out at the banquet after each season. Only players who meet the qualifications will earn a letter. The qualifications include:

- Attend all training, no less than 9 matches or contests (unless excused by Coach, Athletic Director, parent or physician)
- Injured players may receive a letter if in the opinion of the Head Coach she would have participated if not injured, and also served the team in some capacity while recovering
- Participate in all team building, team fundraisers, and community service activities
- Be in good standing as a student at Firestone CLC and have no behavior demerits within the Women’s Soccer Program

## **Uniform and Equipment Guidelines**

Each player and parent will be required to read and sign the 2020 uniform contract and pay the appropriate uniform deposits outlined in the agreement.

All school-issued uniforms and equipment are the responsibility of the student-athlete. Proper care and cleaning is the responsibility of the student-athlete.

Athletes are to be dressed in an appropriate manner for all training, travel, and contests.

Student-athletes should wear training clothing that is functional and does not inhibit the athlete’s ability to properly train.

Per OHSAA, home teams must wear dark shirts and dark socks, while away teams must wear white shirts and white socks.

## **Matchday Procedures and Expectations**

### **Home Matches**

- Home matches are to be played at Copley Road Soccer Complex, 1806 Copley Road, Akron, OH 44320
- Transportation for weekday off-campus games is provided by Akron Public Schools; It is deemed MANDATORY that this team, including Captains and Coaches ride the bus TOGETHER
- JV and Varsity should eat a team meal/snack after school. We will coordinate this with parent volunteers for setup/cleanup. Costs will be addressed with a combination of fundraising and parents involvement.
- JV and Varsity will be expected to change into their uniforms and warm ups prior to eating and bus arrival. (Time management, Ladies!)
- Varsity will be required to attend the 1<sup>st</sup> half of the JV match; then begin their pre-game routine
- JV will be required to attend the Varsity match after the JV match
- We will do our best to work with local youth teams to supply ball-people for our matches. Ball-people are required by OHSAA for all Varsity matches. In the event we do not have outside assistance, 6 JV players will be required to volunteer to serve as ball-people for the varsity match
- Clean up of the bench area and field area will be the responsibility of the JV and Varsity after their matches. No member of the team or coaching staff will leave until these areas are cleaned of trash and debris

### **Away Matches**

- JV and Varsity will eat a team meal/snack after school. We will coordinate this with the parent volunteers for setup/cleanup. Costs will be addressed with a combination of fundraising and family involvement.
- JV and Varsity will be expected to change into their uniforms and warm ups prior to eating and bus arrival.
- JV and Varsity will be at bus, loaded, and counted 15 minutes prior to scheduled departure. We will leave on time.
- Varsity will be required to attend the 1<sup>st</sup> half of the JV match; then begin their pre-game routine.
- JV will be required to attend the Varsity match after the JV match.
- Clean up of bench area and field area will be the responsibility of the JV and Varsity after their matches. No member of the team or coaching staff will leave until these areas are cleaned of trash and debris. (This includes the bus)
- JV and Varsity will eat a team snack on the bus ride home. We will coordinate this with parent volunteers. Costs will be addressed with a combination of fundraising and family involvement.

## Training/Practice Expectations

- Pre-season conditioning will begin in early June 2020(dates TBD)  
\*These sessions will be communicated and led by the team Captains
- Pre-season conditioning is not mandatory(per OHSAA), but strongly recommended
- Conditioning will be a combination of endurance, agility, and strength training
- There will be 10 “contact” training sessions(Coach Present Sessions) (the use of the ball in training prior to August 1 as permitted by OHSAA) between June 1 and July 31
- The official OHSAA start of the season is August 1<sup>st</sup>, 2020. This is when training becomes mandatory.
- Attendance will be taken at all training sessions for safety purposes. It is the responsibility of the coaching staff to account for the safety of all student-athletes.
- As of August 1<sup>st</sup>, 2020, any training session missed must be accompanied by a parent e-mail and student e-mail. Student email should be addressed to Head Coach and parent email to coaching assistants. Parents will be notified of any unexcused absences.
- Student-athletes will be expected to wear a colored shirt that has been pre-determined and will correspond with a particular day of the week.

<b>Monday: Black</b>	<b>Thursday: Blue</b>
<b>Tuesday: Green</b>	<b>Friday: Captain’s Choice</b>
<b>Wednesday: Gray</b>	<b>Saturday: Red</b>

- **Student-athletes are expected to participate in all mandatory training sessions unless they have been excused prior to that session by the head coach, are injured and unable to perform, or are deemed ineligible by the school**

\*Opportunity for sponsorship is available regarding training shirts and warmups. Please visit the Booster Website for details on how to support.

<http://www.fhssoccer.org>

## **Teambuilding Activities**

Throughout the off-season, pre-season and in-season, the team will plan, arrange, and engage in activities that will help them grow as classmates, friends, teammates, and young women. The planning and approval of these activities will be determined by the athletic department, head coach, student athletes, and parent volunteers. Attendance is strongly suggested by all student-athletes.

Funding will be a combination of fundraising, family support, or through the Booster Club. <http://www.fhssoccer.org>

Communications regarding events will be available in our group messaging app as well as a group communication to parents. We will give as much notice as possible.

## **Team Fundraising Activities**

Throughout the off-season, pre-season, and season, the team will plan, arrange, and engage in fundraising activities that will help subsidize the costs associated with the program. The planning and approval of these activities will be determined by the athletic department, head coach, student athletes, and parent volunteers.

Funds generated by these activities will be utilized for team meals, team snacks, teambuilding activities, bags, warmups, equipment, etc.

## **Parental Involvement and Volunteering**

In order for the team to function and achieve success, positive parental involvement and volunteering is essential. Throughout the off-season, pre-season, and season, it is the hope that parents will plan, arrange, and engage positively in activities that will help grow the Firestone Women's Soccer Program. The planning and approval of these activities will be determined by the athletic department, head coach, student athletes, and parent volunteers.

# **2020 Firestone CLC Varsity Women's Soccer Matchday Schedule**

**\*Subject to change\***

Sat Aug 22 7:00PM @ Norton HS

Wed Aug 26 7:00PM @ Field HS

Sat Aug 29 T.B.D. @ Cuyahoga Falls HS

Wed Sep 2 7:00PM vs Parma Senior HS

Sat Sep 5 1:00PM vs Ravenna HS

Tue Sep 8 7:00PM @ St. Thomas Aquinas HS (Louisville)

Sat Sep 12 1:00PM @ Perry HS (Massillon)

Mon Sep 14 7:00PM @ Coventry HS

We Sep 16 5:30PM vs North HS (Akron)

Sat Sep 19 1:00PM vs Fairless HS

Thu Sep 24 5:00PM vs Springfield HS (Akron)

Mon Sep 28 7:00PM @ Tallmadge HS

Sat Oct 3 1:00PM vs Painesville Harvey HS

Wed Oct 7 7:00PM @ Smithville HS

Mon Oct 12 7:00PM @ Ellet HS

Sat Oct 17 3:00PM @ Woodridge HS

# **2020 Firestone CLC Women's Pre-Season Training/Practice Schedule**

T.B.D.