

**South Sioux City
High School
Boys Soccer**



Introduction

I hope this handbook will help you to better understand the type of soccer program that we represent here at South Sioux City. The pledge below best summarizes our goal to help you to become the best student, person, and soccer player you can be.

*******REMEMBER*******
SOCCER IS A PRIVILEGE
NOT A RIGHT
AT
SOUTH SIOUX CITY HIGH SCHOOL

EXPECTATIONS OF A SOUTH SIOUX CITY SOCCER PLAYER:

Academics: Student-athletes are to attend school to be allowed to practice or play. We will enforce the **no pass/ no play rule** where students are not allowed to play if they have failing grades in their classes, if they have more than one **F** they will not be able to practice. Don't wait until the last minute, seek tutoring at school or contact your coaches if you are struggling academically it is the players responsibility to stay on top of their academics.

GAME & TRAVEL: You represent the *South Sioux City High School* and everyone involved in our program. We have expectations on and off the field. We always leave a place better than we found it. Everyone is responsible for cleaning up after practice and games. Watch how you speak in public, no vulgarities and always use your manners. You must stay with the team as a unit when we travel, dine, or bathroom breaks.

If you are failing a class when we have to travel early to games and that class is later in the day you will not travel. No Exceptions

VARSITY AND JV ROSTERS: Your starting position and playing time will be determined by your attitude, effort and skill level. Everyone **EARNs** the right to play on this team.

RED AND YELLOW CARDS: NSA Rules: 1st red card = 1 game suspension, 2nd red cards = 2 game suspension, 3rd red cards = 3 game suspension.

PRACTICES

1. Consult your coaches for changes in practice times. You are responsible for your own transportation.
2. Excused absences will be determined by the coaches. Academics and illness are excused absences. However, if you are ill or have academic issues, you must contact the coaches before practice, a doctor's note or teacher's note is required for each occurrence. Do not make it a habit of being in academic trouble.
3. Athletic trainers will be available on a varying basis due to being a shared resource. Being late for practice because you had to "get taped" etc... Is not excused. Report all injuries to coaches. Follow athletic training room procedure for treatments and rehab.

DISCIPLINE POLICIES

Practice and Playing Time

It is a privilege to belong and play for the South Sioux City Cardinals Soccer Program.

Here are possible reasons that will earn you a **warning**, which will affect your playing time.

Each **warning** will cause you a half of a game. When you have accumulated 5 warnings of any type, you will be asked to leave the team.

Off season consequences for inappropriate behavior will be treated on a case by case basis.

1. Any behavior that goes against our Rules in place.
 - a. Unexcused tardiness / absences both in school and at practice
 - b. Foul language
 - c. Lack of effort in practice or games
 - d. Fighting: You will be taken off the team.
 - e. Unexcused absences
 - f. Players on LOP (Loss of privileges) will be given a chance if effort is given to be part of team, and raise academic grades.
 - g. Negative criticism against teammates or coaches
2. Unsportsmanlike play or receiving unnecessary yellow / red cards
3. Inappropriate use of team's media sites (Facebook Page, Twitter, etc.)

GENERAL

1. Drugs, alcohol or tobacco use, abuse, is not tolerated. Use / abuse of any of these items will result in Code of Conduct violation and subject to punishment by the school and the athletic team.
2. Curfew: as a coaching staff, we feel that for you to perform at the best of your ability in the classroom and on the field, you will need to be well rested. If a player is found to be past their determined curfew, discipline will be determined in a case to case basis.
10:00 p.m. under the age of 14, 11:00 p.m. ages 14-15, Midnight for minors ages 16-17
3. Cell phones will not be used by players when the team is together (at practice or during games).
4. Interaction on our team's social media sites must always be appropriate and constructive toward team development. We are a class program and will exemplify this in everything we do.
5. Any out of school violations with **Law Enforcement** will get you taken off the team.

Expectations

Day One:

Cooper Test

Sprints

Sprint with ball

Push-ups

Crunches

Squats

Day Two:

Technique

Possession

Shooting

1v1

Small sided games

Evaluations will be based on as Follows

Academics

Discipline

Technique

Fitness

Soccer IQ

Opportunity to make team

- Varsity: 24 set players: players who see limited action will play JV.
- JV: 22 players

Who can make the team:

A. 9-12 can play varsity

B. 9-11 can play JV

D. 12 graders who do not make team, can be managers. Managers, must meet all above expectations as well.