

PARKLAND HIGH SCHOOL GIRLS' SOCCER CODES, POLICIES, & PROCEDURES *(revised 12/5/19)*

All members of the Parkland High School girls' soccer teams are expected to abide by the following codes, policies and procedures in addition to the Parkland High School Athletic Code of Conduct.

1) Overall Goal of Program

- a) Develop the best combination of players in order to create the most competitive team possible
- b) Team success **ALWAYS** comes before individual success.
- c) Provide a fun, safe, and competitive environment in which the girls can play and learn
- d) To develop the STUDENT, the PERSON and then the PLAYER.

2) Varsity (U-18) / Junior Varsity (U-16) Divisions

- a) Selection to the varsity and junior varsity teams will be based solely upon individual ability demonstrated
 - (a) During the tryout process.
- b) Juniors and Seniors will not be eligible for the Junior Varsity teams.
- c) Any freshmen or sophomore that initially makes the varsity team may at any time be asked to play in a
 - (a) Junior Varsity practice or game should the staff decide it is in the player's best interest.
- d) The staff may at any time move a junior varsity player up to varsity should the staff decide that the
 - (a) Assistance of that player will be in the best interest of the varsity team.
- e) The staff will make that decision in the best interest of the team with only communication of that to the players.

3) Roles

- a) Players will be notified as to what the staff feels your role on the squad will be:
 - i) This will be general at first and will become more detailed as the season progresses
- b) Roles for some players may change throughout the year as the staff deems necessary in order to serve the
 - (a) best interest of the team as different demands or situations arise

4) Dismissal

- a) At any time during the season, a player who is not happy with her current role on the team is free to end her participation in the program and immediately return all issued equipment/uniforms
- b) At any time during the season, the staff is free to dismiss any player that is no longer adequately fulfilling her role and/or serving the best interest of the team.
- c) Prior to dismissal – 2 coaches, player and AD will meet to discuss and agree on any necessary changes that need to occur.
 - i) Should no change occur – player may be dismissed.

5) Tryouts

- a) Tryouts will consist of several components including, but not limited to:
 - i) Strength and fitness testing (Physical)
 - ii) Skill testing (Technical)
 - iii) Game situations and play (Tactical)
 - iv) Character/Attitude evaluations (Psychological)
- b) No coaching or instruction will be given throughout the process

- c) Each player must submit a completed physical form, a signed Parkland High School Athletic Code of Conduct, the PIAA Medical form and a signed Parkland High School Girls' Soccer Codes, Policies, and Procedures to the athletic office, as well as take the ImPACT Test by the published date we provide you.
 - i) Any player who does not submit all three completed documents will not be allowed
 - i. to tryout; tryouts will not be extended for such matters
- d) Each player will be given a personal evaluation at the end of tryouts
 - i) Current role/place on team will be explained to each player
- e) Cuts will be made in person; the staff will be available for discussions with players
- f) Any parent who wishes to speak with a coach in regards to tryouts must set-up an appointment time with the staff by email
 - i) Players are required to be present at that meeting**
- g) Players will be given a minimum of 3-tryout sessions with the following exceptions:
 - i) Players did not turn in the required paperwork by the specified due date.
 - ii) Players clearly did not care enough about the process to ARRIVE FIT and/or be able to handle the demands of the tryout process.
 - iii) A player missed the tryout process due to medical reasons. When the player is cleared, a tryout will be offered while still in pre-season. Once our first game is played, any tryout offered is at the discretion of the staff and in all cases, the tryout will be an undetermined amount of time.
- h) Players missing tryouts due to vacations is an unexcused missed tryout

6) Team Selection

- a) Making the Varsity or Junior Varsity Squads is a ***privilege not an entitlement.***
- b) **Where you played club ball has absolutely no bearing on our selection.**
- c) Once selected, both PLAYER and PARENT must sign an Acceptance Form which is provided on the first day or training after selections.
 - i) This form is to be returned immediately the next day
 - ii) Player may not train if form is not returned.
- d) Acceptance Form
 - i) Accepting position on squad
 - ii) Accepting early season role
 - iii) Accepting team rules
 - iv) Accepting communication chain of command

7) Preseason

- a) Practice sessions will be pre-planned in order to briefly address all aspects of the game before the first match including, but not limited to:
 - i) Conditioning
 - ii) Technical skill building through warm-ups
 - iii) Individual defense, team defense, 1v1 skills, combination play, shooting, etc.
 - iv) Tactical expectations/walk-throughs
 - v) System of play
- b) Goals of preseason:
 - i) Develop current player/team roles
 - ii) Create the best initial combination of players to field
 - iii) Set team/individual goals

8) Regular Practice Sessions

- a) Coaching staff will design training sessions to address the most pertinent needs of the team
- b) All players are required to attend every practice on time
 - i) Practices start promptly at 3:20; players must be dressed and ready to play at that time
 - (1) Team captains are expected to lead the team in pre-warmups at 3:20 sharp.
 - ii) Any player unprepared for practice will face consequences at staff's discretion
 - iii) Any player who misses a practice will face consequences at staff's discretion

- iv) Any player who misses the practice before a game cannot start and playing time will be determined at the staff's discretion
- c) Practice Attire
 - i) All players will be given three (3) training jerseys to be worn at all training sessions; players are also responsible for wearing black soccer shorts and white socks
 - ii) At no time will a player wear game shorts or socks to practice
 - iii) Players are not permitted to wear any form of soccer attire that advertises another soccer team or club during our season at ANY team function.
 - (1) Our hope is that pride for which they play for carries over throughout the season elsewhere.
 - iv) Failure to adhere to these rules will result in practice suspension; continuous failure to adhere to these policies may lead to further suspensions, including games, or may be grounds for dismissal from team
- d) Any player needing medical treatment must do so before practice in a timely manner
 - i) **Any player who is injured or speaks with the trainer must report back to the staff immediately.**
 - (1) **Any player injured at a game, practice or arriving injured from anything else, MUST speak with a staff coach before participating in that day's activities.**
- e) The team is responsible for bringing all equipment to the field
- f) Six (6) days a week.
 - i) Our season is compacted in a short period of time where we train and play 6 days a week. Flexibility is required by all since our scheduled practices and/or game times are subject to change last minute due to things such as, but not limited to, weather, gym time, field conditions and other situations we have no control over.
 - ii) Regardless of any last minute change, every player is fully expected to attend that day's PHS Soccer function.
 - iii) Players missing a practice or a game will be considered either an excused or unexcused absence. Regardless, all absences face consequences that are at the sole discretion of the coaching staff. An example of an excused absence would be for an academic reason that cannot be avoided (ex. SAT's). An example of an unexcused absence would be for any other extracurricular activity or appointments that could be scheduled for some other time, (Ex. Non-emergency doctor appointments, driver's license, and other sports and/or teams)

9) Games

- a) All players are required to attend every game in uniform on time
 - i) Any player unprepared on game day will face consequences at the staff's discretion
- b) Any player needing medical treatment must do so before warm-ups or bus departure in a timely manner
- c) The team is responsible for bringing all equipment to field/bus
- d) Uniform
 - i) Each player will be issued gear for their own personal use, all of which must be returned at the end of the season
 - ii) It is the player's responsibility to be properly attired for all games including:
 - (1) jersey, shorts, socks, complete warm-up, spikes/cleats, shin guards, hair-ties
 - (2) removal of all jewelry and/or piercings
 - (3) In regards to jewelry, 100% of all jewelry, piercing, earrings are expected to be removed prior to any practice, training or games.
 - iii) Nothing may be worn on game day that reflects any other team than PHS.
- e) Away Games
 - i) **Players must arrive at least fifteen (15) minutes before DEPARTURE TIME.**
 - ii) Players in need of medical treatment are required to arrive earlier as they are still required to be ready at the set departure time; no exceptions
 - iii) All players are required to ride the bus to and from the game with few exceptions
 - (1) Should a player need to ride home with a parent/guardian from a game, a note is required from the parent/guardian at the practice before the game stating the date, reason, and a parent signature
 - (2) Parent/guardian must be made visible to staff member before leaving with his/her daughter after the match
 - (3) Any player needing to drive to an away game due to circumstances that are approved by the staff, still must receive permission from the athletic department

- iv) All music on the bus will be listened to via earphones/headphones
- v) Players will wear their complete warm-ups (tops and bottoms) to and from all away games when boarding and exiting the bus
 - (1) During warm weather, it will be the staff's / captains decision as to whether or not warm-ups will be worn
- f) Laundry
 - i) After EVERY game, each player must go to the locker room to drop off her game jersey, socks and shorts (right side out) to be washed, regardless of whether they played or not
 - ii) Only when instructed by a coach (usually due to back-to-back games going into a weekend) will players go home with their uniform
 - (1) **Players that have permission to not return with the team from an away game on the bus are still required to put their uniforms in the laundry. Players are required to change prior to leaving and leave their uniform with a teammate to get to the laundry should they not be going back to PHS.**

10) Tactical Philosophy

- a) The staff will determine the system and style of play that best suits the players' abilities to achieve team and individual goals

11) Cell Phones & Social Media

- a) Cell phone use and text messaging on the bus to and from an away game is expected to be at a minimum.
 - i) Cell phones may be used within 10 minutes of arriving to the high school in order to notify a ride of a player's arrival
- b) Emergency needs will be brought to the attention of a coach on the staff and will be addressed at the staff's discretion
- c) Violators will turn their phone over to a coach and will have it returned upon arrival to the high school
 - i) Persistent disregard to this rule could lead to game suspension or dismissal from team at the staff's discretion
- d) Facebook / Twitter / Instagram / Snapchat any other social media
 - i) Players are expected to utilize social media in the most respectful manner possible.
 - ii) Comments about opposing teams/players will not be tolerated.
 - iii) It is strongly suggested that all content be monitored by parents
 - iv) It is strongly suggested that all content be so appropriate that grandma and grandpa could read/see it.
 - (1) All inappropriate content will be asked to be deleted; a meeting with player will take place.
 - (a) Inappropriate content is solely at Staff's and/or Parkland School District's interpretation
 - (2) Second offense: meeting with parent and player and player will serve a 1-game suspension.
 - (3) Third offense: Player will be dismissed from the team.
- v) Parkland now has a Social Media Code which is in the Athletic Code in which any consequence by PSD supersedes that of the PHSGS

12) Locker Room

- a) All players are expected to maintain the locker room in a neat fashion; coaches will inspect the locker room from time to time
- b) No player is to leave food in the locker room over night
- c) The locker room is open before school everyday to store equipment, then locked and will not be accessible throughout the school day.
- d) The locker room will be locked during training/games.
- e) Players are required to have 100% of their belongings out of the locker room within two (2) school days of the season ending
 - i) The staff will not be responsible for belongings sent to the lost and found

13) Playing Time

- a) Playing time will be earned by each player through her work and performance in: pre-season, games, practices, a current game, and/or in light of the combination of players the staff feels is currently needed on the field to serve in the best interest of the team
- b) Playing time may be discussed with the coaching staff at any time by the player only
 - i) That conversation will only be about themselves and not about another teammates situation
- c) Starting line-up for our first scrimmage
 - i) The team's fitness test at tryouts will determine our line-up in our first scrimmage.
 - ii) Reflecting the system of play: Ex: 1-4-3-3
 - (1) The top fit players will start
 - (2) The most fit GK, Backs, Mids & Forwards.
- d) You are rewarded for being the most fit. That gets you on the field.
 - i) Your performance then keeps you on the field.

14) Staff Expectations

- a) Follow all aspects of the Parkland High School's Athletic Code of Conduct and the Parkland High School Girls' Soccer Codes, Policies, and Procedures
- b) Ensure that players follow all aspects of the Parkland High School Athletic Code and the Parkland High School Girls' Soccer Codes, Policies, and Procedures
- c) Communicate in a detailed and timely manner with players, parents, and administration
- d) Work towards meeting the overall goals of the program, as well as the season goals set by the staff and team
- e) Approval/Disapprove of any extra team-functions/activities

15) Player Expectations

- a) Follow all aspects of the Parkland High School's Athletic Code of Conduct and the Parkland High School Girls' Soccer Codes, Policies, and Procedures
- b) A player is to give 100% of what she has 100% of the time in order to work towards individual and team goals
- c) Players are expected to show up prepared and in a timely manner **to all scheduled team functions**
 - i) Excused absences will be accepted at staff's discretion
 - ii) Unexcused absences will result in practice or game suspensions
- d) Players are strongly encouraged to attend both the varsity and junior varsity home games
 - i) There will be several games selected by the staff, with ample notice, in which attendance by all players will be mandatory
 - (1) During away games, both squads are expected to be watching and cheering for their teammates – not walking and wondering around.
- e) Communication
 - i) Coaches will discuss individual situations with players on a needed basis
 - ii) Other than normal coach-player talking, any meeting requested by a coach or the player will be held with two (2) coaches present
- f) Academics
 - i) As the staff is extremely concerned for the student-athlete, it is important that all players organize their time to handle the demand of both academics and athletics
 - ii) Players that fall below the 3.0 cumulative GPA mark may be asked to meet with the staff in order to discuss means of improving their grades
- g) Detention
 - i) Any player serving a detention for missed classes, tardiness or any other school violation, will be suspended for one (1) game
 - ii) Continuous issuance of detentions will be reviewed by the staff for consideration of a longer suspension or possible dismissal from team
- h) Yellow/Red Cards Issued
 - i) The accumulation of yellow or red cards will not be tolerated
 - ii) Players receiving a yellow or red card for dissent, foul language, or persistent foul-play will be disciplined at the staff's discretion

- i) Extracurricular Activities
 - i) What players do in their free time is their business and, although we would hope that they use that time in season to rest and do other things to get a break from soccer, playing for a club / state team is their prerogative.
 - ii) However, during our season, the **PARKLAND GIRLS SOCCER TEAM – HAS TOTAL PRIORITY** over any other club / state soccer team. Players are fully expected to miss any club / state function that is in direct conflict with any activity of the Parkland Girls Soccer Teams Season.
 - (1) You have been selected to play for the Parkland Girls’ Soccer Team and we fully expect you to honor that commitment throughout OUR entire season. We put absolutely no pressure on you throughout the year to ever make a choice between what we offer in the off-season and your club / state season...nor should your club / State teams now that you are in your High School Season.
 - (a) Failure to commit to this team will come with consequences and may lead to dismissal.

16) Parent/Guardian Expectations

- a) Follow all aspects of the Parkland High School’s Athletic Code of Conduct and the Parkland High School Girls’ Soccer Codes, Policies, and Procedures
- b) Ensure that his/her daughter is following all aspects of the Parkland High School Athletic Code of Conduct and Parkland High School Girls’ Soccer Codes, Policies, and Procedures
 - i) Sportsman-like conduct is expected at all times in the stands; any talk other than encouragement will not be tolerated. It is expected that all parents are encouraging to all players, coaches and referees not only at the games, but also at home.
 - ii) Cheer for your daughters teammates as faithfully as you cheer for your own daughter.
- c) Check website and Follow Twitter for up-to-date information and news
- d) To get involved and assist in the success of the program
 - i) Volunteer for areas in need
 - ii) Help raise dollars through fundraising activities.
 - (1) It is The Parkland School Athletic Departments policy that Parents, not players, sell, solicit in fundraising activities
- e) Communication with Coaching Staff
 - i) The staff has a relationship with each player and therefore expects all communication to occur between the staff and the player
 - ii) Any communication made between parent and coach will be shared with the player in question at the staff’s discretion
 - iii) Parents must contact the staff by email in order to set up a meeting; no meetings will be entertained on the spot
 - (1) Any meeting requested by the staff or a parent will be held
 - (a) with either two (2) coaches or a coach and the Athletic Director present
 - (2) The player in question may also be asked to attend at the staff’s discretion
 - (3) Examples of topics appropriate for discussion: medical, academic, behavioral, or safety concerns
 - (4) Examples of topics that are inappropriate and will not be discussed:
 - (a) playing time, roles selected for your daughter, soccer strategy, planning, decisions made by the staff, all-star status or coaching
 - (i) Present at any Meeting:
 - 1. Two coaches or 1 coach and Athletic Director
 - 2. PLAYER
 - 3. BOTH PARENTS
 - iv) No communication should be addressed to the Athletic Director’s office PRIOR to being addressed with the coaching staff
 - (1) Should the coaching staff not address a question or concern presented, calling the Athletic Director would be appropriate
 - v) All communications will be confidential to the parties involved
- f) Extra Team-functions/activities
 - i) A parent is responsible for chaperoning all extra team-functions/activities from start to finish

- ii) A family hosting any extra team-function must contact the staff prior to organizing
- iii) All team members must be offered the opportunity to be included in the activity
- iv) Outside friends are not permitted to attend team function activities.

17) Booster Club

- a) Fundraise funds for team deemed necessary by coaching staff
- b) Contribute excess funds at the end of the season into the program bank for use in future years
- c) Organize team-functions/activities approved by coaching staff
- d) Communicate and work openly with all involved throughout the organization
 - i) Provide and post minutes on the website for each meeting held
- e) Trip Fund / Team Overnight Function
 - i) Should we intend to plan a pre-season / season trip, the Booster Club will help raise the capital needed.
 - (1) Other than their approval, PSD is not responsible for covering any costs for said trip.
 - ii) The booster club will create fundraising activities throughout the year in order to fully fund these trips.
 - iii) Regardless of player involvement in fundraising, no player will incur any cost for transportation, housing or food for these said trips.

18) Off-Season

- a) The staff encourages players to participate in not only other sports throughout the school year, but also other academic and extra-curricular activities as well
- b) The soccer program will offer, on a voluntary basis, an opportunity to weight train, condition, and play soccer on an intramural basis throughout the calendar year for any interested student-athlete
- c) Participating or not participating in any off-season program offered will have NO bearing on a player's chances at making the soccer team the following year

19) Hazing

- a) **Hazing is any conduct or method of initiation into any team which willfully or recklessly endangers the physical or mental health of a student. The practice of hazing is strictly prohibited by the athletic department and Parkland School District. Incidents of hazing will be dealt with as a discipline violation and reported to the appropriate administrative staff for review.**

20) Social Media

- a) **The Parkland Athletic Department and the Girls' Soccer Program will have a zero tolerance for the abuse of social media.**
- b) **This pertains to both players and parents.**
- c) **By signing our P&P, players and parents are attesting to reading the school policy as it states in the Athletic Code.**

21) Vacations / Family events

- a) **Once tryouts start, team members are expected to attend 100% of all functions, training, games, dinners, events.**
 - i) **Any player missing these without discussing with their respective coach will have that absence noted as unexcused. All unexcused absences come with consequences, up to dismissal.**

22) Carpooling

- a) **It is strongly suggested that parents work with each other to assist with carpooling needs.**
 - i) **This is very important during summer conditioning and pre-season**
- b) **PLAYERS with a Junior Driver's License must adhere to applicable laws in regards to passengers allowed in their vehicle.**

23) Statistics

- a) **At the varsity level, we keep track of statistics throughout the season.**
- b) **Decisions made by the coaching staff and athletic department are final and not debatable.**

c) At no point in the season is an individual's personal stats weigh more than the teams accomplishment or goals.

PARKLAND HIGH SCHOOL GIRLS' SOCCER CODES, POLICIES, & PROCEDURES

Player's Name: _____

All members of the Parkland High School girls' soccer teams are expected to abide by the following codes, policies and procedures in addition to the Parkland High School Athletic Code of Conduct.

By signing below, I acknowledge that I have read and understand the additional codes, policies, and procedures. I accept them and will abide by them for participation in this years' sports' season.

Player Signature

Date

Parent/Guardian Signature

Date

Parent/Guardian Signature

Date

Both Parents need to sign this if applicable.

*Please return this signed document to the Athletic Department Office and place in box marked "Girls Soccer" no later than (1) WEEK BEFORE TRYOUTS or scan an email to Coach Al at alfred.haddad@morganstanley.com