

Zimmerman High School



Boys Soccer Handbook

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INTRODUCTION

The information in this player/parent handbook is an ongoing work. The primary purpose is to clarify the role of the Zimmerman High School Activities program in the lives of its constituents; players, parents, coaches and other supporters. While it is not all inclusive, it should give enough information to determine if participation and team membership is right for a student-athlete and their family. This is a commitment that will need to be supported in order to be successfully upheld. Every eligible student-athlete desiring membership will have an opportunity to earn a role on the team.

The goal of the team is to win games, while the purpose is human growth and development of student athletes. In rare experiences, some have decided that the time and energy invested in team membership may be better invested in some other endeavor. Self discovery and understanding personal limits is a big part of lifelong learning and that should be viewed positively. The activities program is here to promote learning beyond the classroom.

Our hope is that you will decide to join us and experience the best that you can become.

MISSION AND PHILOSOPHY

The foundation of Thunder Activities is defined in the core values of ISD 728:

- All people have value
- Valuing & respecting differences strengthens the individual and the community
- People thrive when they feel connected, supported and affirmed
- Everyone can learn
- Hope inspires and empowers
- Lifelong learning is essential for personal growth
- Change is an opportunity for growth.

As a program, we strive to field teams that achieve winning records, capture conference titles, and qualify for the MSHSL State Tournaments. However, we must also maintain a focus on the balance of being successful student-athletes. Each member is expected to commit to achieving the highest standards on the field, in the classroom, and within the community.

We recognize the important role that extracurricular activities play in developing student-athletes socially, emotionally, physically, and academically. Therefore, we will pay great attention to nurturing attitudes and skills that support and exemplify our core

values. Through this process, our athletes will learn leadership qualities, healthy habits, ethical behaviors, a positive self-image, teamwork, and goal-setting. These traits will promote success both on and off the field, now and in the future.

ACADEMIC ELIGIBILITY

ISD 728 Academic Eligibility Guideline

The Minnesota State High School League requires that in order for students to be academically eligible to participate in MSHSL activities, they must be making satisfactory progress toward graduation. The following chart is to be used to define “satisfactory progress” toward graduation.

In ISD 728, a freshman or sophomore student athlete must have a 2.0 GPA average overall and accumulate the following credits prior to the beginning of the designated semester.

Eligibility Chart

GRADE 9	END OF SEMESTER I	END OF SEMESTER II
Eligible	5 credits	10 credits
Probation	4 credits	9 credits
Ineligible	3 credits or less	8 credits or less
GRADE 10	END OF SEMESTER I	END OF SEMESTER II
Eligible	14 credits	20 credits
Probation	13 credits	19 credits
Ineligible	12 credits	18 credits
GRADE 11	END OF SEMESTER I	END OF SEMESTER II
Eligible	26 credits	32 credits
Probation	25 credits	31 credits
Ineligible	24 credits	30 credits
GRADE 12	END OF SEMESTER I	END OF SEMESTER II
Eligible	37 credits	43 to graduate
Probation	36 credits	
Ineligible	35 credits	

SCHOOL ATTENDANCE

Players must attend three classes in order to train or play. Skipping any part of the school day disqualifies the student athlete from participating

PLAYER EXPECTATIONS

A student-athlete's primary responsibility is to achieve the highest level of learning while fulfilling the requirements needed to earn a high school diploma. Engaging in extracurricular activities adds diversity to their educational experience, incorporating lessons that may not be part of the standard curriculum. Success is more attainable when you embody "The Thunder Way"—Be Ready, Be Responsible, Be Respectful.

Specifically, Thunder Soccer student-athletes are expected to:

- Balance team involvement with the demands of academics
- Communicate proactively
- Sacrifice for the benefit of the team
- Put forth your best effort in all endeavors
- Attend every practice and game
- Participate in all possible team-building activities

Regardless of whether you are a captain, starter, reserve, or manager, your role is essential to the ongoing development and success of the program. Everyone is expected to learn daily and contribute to improving the team. Through this experience, student-athletes will have the opportunity to listen, learn, advocate, and lead.

PARENT EXPECTATIONS

As parents you have a special role in helping your student-athlete maximize their experience in the program. Your first responsibility is to support your player, the coaches and the program to help all reach their full potential. It is expected that your actions and words promote the well-being and reputation of not only your student-athlete but the program and high school as well.

Parent Code of Conduct

As a Parent, I will:

- Let the coaches coach, the players play, and the referees officiate
- Respect fellow teammates, fans, and supporters; and opponents, their coaches, their fans and supporters.
- Encourage our student-athletes to respect their teammates, fans, and supporters; and opponents, their coaches, their fans and supporters.
- Avoid criticizing an athlete (including your own player) for making a mistake - this is part of their learning process and errors are to be expected.
- Never engage in or tolerate offensive, insulting or abusive language or behavior
- Never promote/support unsporting behavior
- Never confront a referee or coach
- Allow the student-athlete to first resolve any questions or concerns with the coach.

Failure to Comply with Expectations / Code of Conduct

I understand if I do not follow the Code of Conduct or meet program expectations, any/all of the following actions may be taken:

- I may be warned about my conduct by a coach or school official
- I may be asked to leave the premises by a coach or school official
- I may be asked to not attend future games or events by a coach or school official

24 Hour Rule

Games can be extremely emotional for players, parents, and coaches. Parents and coaches should not discuss individual player problems concerning the team or their child for 24 hours following a game or event. This allows all a cooling off time and opportunity to discuss with the player without the emotion of the game or event, as well as avoid regrettable public confrontation. Reference communication Protocol as well.

Communication Protocol

When questions arise, following a communication protocol is essential in any organization. The following protocol will be used to resolve issues and to ensure concerns are resolved at the appropriate level. If resolution of the issue is not achieved at the first level of communication, the next level of the protocol is followed

Level 1	Player to Coach
Level 2	Player / Parent to Coach
Level 3	Payer / Parent / Coach to Activities Director
Level 4	Player / Parent / Coach / AD to Principal
Level 4	All Parties to Superintendent
Level 6	All Parties to School Board

TEAM FORMATION

Tryouts Philosophy

Should Tryouts need to occur, the tryout phase of the season will be between 2-5 days and occur during the official first week of practice. Tryouts will include a mix of technical, physical, fitness, and game-related opportunities for players to demonstrate their abilities. Tryouts are meant as an initial placement for training purposes and should not be regarded as permanent

Team Selection

When determining player placement, there are two distinct areas: training placement and game placement. As stated above, tryout placement is initially intended for training purposes. This is the group of players they will train with regularly. This does not mean that is where they will receive their primary game minutes. A player may be asked to train with one team but may move up or down on match date to get more playing time or minutes.

Final Varsity Roster

The final Varsity roster will be selected before the first section game of the season. JV players may be asked to train with the varsity team after their regular season concludes. This does not necessarily mean they will be on the section roster. The coach will inform the team of the final section roster at the final practice before the game.

TRAINING POLICIES

Attendance

- Player must be at Training unless he is sick and not in school or if excused by the head coach of their team
- A player must attend three classes in order to participate in practice. NOTE: A player is allowed to participate in Training or game if absent from school due to field trip or other school function.
- An injured player is expected to attend Training in their training uniform unless excused by their teams head coach.
- Players should try to make up tests and school before school, during study, all or during lunch time (Try for any time other than during training time).
- Please make every effort to avoid scheduling college visits, doctor and dentist appointments during Training times.
- If a player is sick it is their responsibility to notify their head coach before the start of practice.
- **A player with an unexcused absence from Training will not start for the next scheduled game.**
- **Multiple unexcused absences may result in missing an entire game or removal from the team.**

Training Expectations

1. Be ready to start training at the scheduled time
 - Cleats on
 - Wearing correct training shirt
 - Wearing black or dark colored shorts
 - Wearing black or dark colored soccer socks (or sleeves)
 - Always have shin guards (coach will inform when they are required in training)
2. Foster Positive Training Environment

- Always train and play to the best of your ability
 - Provide positive encouragement to teammates
- 3. Follow the Thunder Way
 - Be Ready
 - Be Responsible
 - Be Respectful
- 4. If coach has a warm up activity set up start as soon as possible (do not wait for coach / captains)

GAME EXPECTATIONS

Before Game

- Be ready at the scheduled time / location
 - Cleats on
 - Wearing the correct uniform
- Have all required equipment ready
- Equipment / Bags always lined up and neat
- Foster Positive Environment
 - Encourage all teammates
 - Use appropriate language at all times
- Follow Thunder Way
 - Be Ready
 - Be Responsible
 - Be Respectful

During the Game

- Follow Thunder Way
 - Be Ready
 - Be Responsible
 - Be Respectful
 - Show respect for teammates, referees, and opponents
 - Accept officials decisions, even if you disagree
- Sportsmanship
 - Play within the rules of the game
 - Be a positive role model
 - Control your temper
 - Keep composure, win or lose

- Don't use profanity or vulgar language
- Teamwork
 - Play for your teammates and for the love of the game
 - Communicate well with teammates and coaches
 - Be optimistic and a team player
- Playing Time (Varsity)
 - Playing time will vary based on physical ability, attitude and other factors
 - Some players may play the entire game, while others may not play at all
 - Substitutions may be limited or only used as needed.

Playing Time

Varsity

Our varsity team approaches every game with the goal of winning. We prioritize fielding players who will actively contribute to our team's success. Equal playing time is not guaranteed for every player. In situations where we have a significant lead or are trailing by a large margin, the coaching staff will strive to ensure that all varsity players in good standing receive playing time while maintaining competitiveness.

JV

The goal of the JV team is to develop soccer players and prepare them for eventual inclusion on the Varsity team. All players in good standing will receive playing time. While the team will strive to win games, the coaching staff's main priority will be player development.

CAPTAINS

Eligibility

At the end of each season there will be an application process to be selected as a team captain for the following year. Players that are interested in being selected as a captain must complete the application process within the allotted time. Responses to the application will be taken into consideration when selecting captains. Responses may be shared with the team during the "team vote" process.

A player with a MSHSL violation can not serve as a team captain. If a violation occurs after selection, the player will no longer serve as a captain. All captains must meet academic eligibility requirements.

Team Captain Selection

Once all applications are received, the coach will provide the team with information about the applications and conduct a “team vote.” The outcome of this vote will be considered when the coaching staff selects the team captains. However, the results of the team vote will not be shared.

The timing for the selection of team captains will be determined by the varsity head coach. The coaching staff has the discretion to select captains, and a player's captaincy can be revoked at any time if deemed necessary.

LOCKER ROOM POLICY

1. Clean up after yourself
2. No cleats in Locker room
 - Put on cleats at the field
 - Take off cleats before returning to locker room
3. Always lock your locker
 - Never leave open or unattended
4. No glass containers in the locker room
5. Make sure your training shirt, shorts, and socks are washed regularly.
6. Do not bring valuable possessions or large sums of money to the locker room.

INJURY PROCEDURE

An injured athlete should be seen by the athletic trainer. If the trainer does not believe the player needs to see a physician, instructions will be communicated to the player on treatment. If the athletic trainer believes the athlete should be seen by a physician, they will contact the parents.

If the family doesn't have a physician they normally see, the athletic trainer can help the athlete get seen by a physician. Working with their insurance, we have several physician groups we work with who will see an injured Zimmerman athlete that day or the next.

Once an athlete has been seen by a physician, the Minnesota State High School League requires them to bring a note to the athletic trainer allowing them to return to soccer. If

the athlete does not have a medical release, they will not be allowed to return to soccer until a note is received.

If the athlete has an arm cast and is allowed to play with the cast padded, the Minnesota State High School League requires a note stating they can play with a cast. This note is presented each game to the officials who will keep a copy on file.

Training Room Policies

- The training room will be open most weekdays starting at 1:30 PM
- Athletes must act appropriately while in the training room
- No cleats are allowed.
- Players must wear clean and odor free clothing
- Athletes will be taped in the order they arrive in the training room. Only exception will be if they have a bus to catch.
- Athletes, who need to be evaluated will be seen after everyone has been taped.

POST SEASON AWARDS

JV Participation Award

A participation award will be awarded to every player who is not listed on the final varsity roster and ends the season in good standing.

Varsity Letter Award

A varsity letter will be awarded to every player who ends the season in good standing and is listed in the final section tournament roster.

Statistical Awards

Awards will be given based on game statistics during the season. There will be separate awards for JV and Varsity.

Statistical Awards will be:

- Golden Boot - Most goals during the season
- Silver Boot - Most assists during the season

Team Vote Awards

Near the conclusion of the season, coaches will conduct a team vote for team awards. There will be separate team awards for JV and Varsity teams. The vote will be taken into consideration when selecting the recipient. Team vote results will not be shared at the conclusion of the vote.

Team Awards Will be:

- Offensive Player of the Year
- Defensive Player of the Year
- Midfield Player of the Year
- Newcomer of the Year
- Most Improved Player
- Most Versatile Player
- Sportsmanship Award

Thunder Awards

Coaches select players to be awarded the Thunder Award. This award will be given to players that regularly show behaviors during the season that are not captured in another award given. The quantity of these awards will be determined by the coaching staff.

Coaches

A continual effort is made to assemble highly qualified coaches for school activities. There are standards in place to promote safety for participants from the MSHSL, ISD 728 and ZMHS. Expectations and requirements for ongoing training and education for coaches are in place and monitored. Coaches report to the Administrative team at the school, specifically the Activities Director.

Coaching Staff

- Head Coach - Joshua Derkey
 - joshua.derkey@isd728.org
- Boys Assistant Coach - TBD
- Boys Assistant Coach / JV - Gabby Webber
 - gabrielle.webber@isd728.org