

DVHS Men's Varsity  
*Wildcats Soccer*  
Team Standards



PARENT/PLAYER HANDBOOK

2018/2019

Continuing to Build  
A Tradition of Excellence...



## **Introduction**

Dear Student-Athletes and Parents:

In the hopes of developing the lines of communication and keeping them open, I want to invite you to take some time to read through our handbook. It is designed to be both informative and honest, and is used for the following purposes:

- A. Providing the philosophy of the program
- B. Introducing the staff
- C. Explaining team standards (rules and expectations)
- D. Stating consequences for incidents that disregard team rules
- E. Guiding players and parents in a positive manner
- F. Stating the sacrifices of the individual player to enhance the success of the overall team
- G. Aiding in the development of the team concept.

## **Philosophy for the DVHS Soccer Student-Athlete**

High school athletics are used as an avenue to teach, learn, develop, and display life skills. Individuals must work hard to make a team both cohesive and successful. How a player reacts to both positive, and especially negative situations, usually is the standard for the measurement of both the team and individual success. Players must realize that as a member of the DVHS soccer team they represent not only the team, but also their parents, coaches, administration, student body, and the San Ramon community. To play soccer for DVHS is a privilege, not a right. The chance to be a part of this program is a great opportunity, but more than that, a demanding responsibility. Act as a proud member of your family, team, and school. Sports are played, coached, and watched for the enjoyment of the competitive spirit; revel in the opportunity in a positive manner so you will be looked upon as a role model.

We, the staff, are interested and concerned about you as a student, an athlete, and a person. Assisting each team member to achieve their individual goals and helping you to become more successful is one of our objectives. Realizing that you have responsibilities outside of soccer, we will do all that is reasonable and possible to help you maintain proper balance in all areas of your life.

## **Core Values**

Core values are the qualities that we use to define ourselves and establish our belief system. We expect our student athletes to adhere to the following guidelines at all times:

- 1. Good work ethic.** In any walk of life, it is an important lesson that you will only get out of something what you put into it. Soccer is no different.
- 2. Honesty.** We expect honesty always, including game time. We would rather be honest and lose than cheat and win.
- 3. Kindness.** This may be a little unusual for some of you but as a Varsity player you are in a role of influence. People will follow your example. Always be respectful to others no matter who they are. Be leaders in your school and community and always show the strength to reach out to those around you who are struggling, even if it is not the trendy thing to do. People will follow your example. We will have at least one charity event per team per season.



# The Coaching Staff

## **Rory O'Connor**

Varsity Boys Head Coach

E-mail: [rory@wildcatsmsoccer.com](mailto:rory@wildcatsmsoccer.com)

## **Varsity Boys Assistant Coach**

Sean Zarrabi/Julio Lopez

## **JV Head Coach**

Rory O'Connor

## **JV Assistant Coach**

Sean Zarrabi/Julio Lopez

## **Freshman Head Coach**

Julio Lopez

## **Freshman Assistant Coach**

Sean Zarrabi/Rory O'Connor



# Team Standards

## **Scholastic Attendance**

To be eligible to participate in practice or games, all student-athletes are required to be in attendance at school for at least half of that school day. Student-athletes need to contact the coaching staff if they fail to meet this standard. The Athletic Director will be consulted for exceptions to this rule. If the reason for absence is illness the athlete must bring a release from a doctor or obtain permission from the administration.

## **Eligibility & Grades**

Each athlete must maintain their grades in accordance with the DVHS Student / Parent Handbook. The Athletic Director will inform coaches of ineligible students (grades or attendance).

## **Practice Attendance**

Practice is necessary for success. All players are required to be at practices. All players' equipment needs to be completely prepared prior to practice. If you are unable to attend you must notify one of the coaches directly at least 24 hours prior to the absence unless it is due to an emergency or sudden illness. Any absence may result in a loss of playing time. This action is designed not as a punishment for the absent player, but as an incentive for players in attendance.

## **Game Attendance**

Game attendance is mandatory even if you are injured with the only exception being for extra study recommended by the administration. **You must be available for every game for the entire season including during holidays if required.** Please read the schedule attached and plan accordingly.

## **Travel Policy**

Players, coaches, and parents will be expected to behave in a manner befitting to representatives of the school and community.

## **Classroom Conduct**

Each detention received in school may result in 20 minutes of bench time at the start of the game. It is the player's responsibility to notify the coach immediately of the detention. Failure to do so may result in a one game suspension. All suspended players will be required to attend games (if allowed by administration) and support the team in an alternate capacity.

## **Game Conduct**

During all games, players will respect all calls made by the officials; be positive toward teammates even when directing (remember, a mistake that has been made is history and cannot be changed, what is important is the response); be positive toward coaching decisions and constructive criticisms; refrain from jeering opponents and fans. Failure to comply may result in an immediate removal from the game. The coaching staff, to determine if any further disciplinary measures are warranted, will review all yellow and red cards.

## **Practice Attire**

The players are required to be prepared in practice gear prior to the start of practice. Included are the following: shin guards, cleats, running shoes, Training shirts, and shorts. Prohibited from practice are the following: baseball caps, jewelry, drug/alcohol related clothing, and any obscene/offensive clothing.



## **Game Day Attire**

Players are asked to wear black sweatpants and DVHS Jackets to all games.

## **Housekeeping**

If the coaching staff discovers players' equipment left on the field after a training session, the items will be collected for their safe return. To retrieve the items, the player will be asked to assist the coach in keeping the soccer shed tidy after practice for the next two nights.

## **Alcohol/Tobacco/Drugs**

Being a successful athlete requires a healthy lifestyle. While there are many decisions that must become part of a healthy lifestyle including diet and rest, probably the most important is to avoid the use of tobacco, alcohol, and illegal drugs. The use of these items is absolutely prohibited. The students in this program shall follow the district and community substance guidelines 24 hours a day, seven days a week. Players found in violation will face strict disciplinary measures and may be cut from the team immediately. Parents are urged to help with this policy. I cannot stress enough the importance of this rule.

## **Bench Enthusiasm**

Every player, manager, or ball person in the bench area should be completely focused on the match. Players are expected to give positive encouragement to their teammates. A failure to do so conveys the message the player is not prepared to enter the game. Phones being used by players on the substitutes' bench will be confiscated until the team is leaving the stadium/sports ground.

## **Sportsmanship**

Student-athletes are expected to treat their opponents, the officials, the fans, and your team with respect. Even if an official does not see an unsportsmanlike act committed by a player in our program, the coaching staff will immediately remove the offending player from the game. In addition, when our team completes a great play or goal, celebrate in an appropriate fashion. Do this as a team and for each other, not to show up the opposing team.

## **Equipment**

All players will be expected to take turns at setting up the field for home games. You will be expected to arrive 20 minutes earlier than the rest of the team. There is no order of seniority for this.

## **Lettering**

To earn a varsity letter, a player must be present for no less than 90% of training and games except for valid excuses.

## **Conditioning**

The coaching staff values and realizes the importance of physical fitness and conditioning for the wellbeing and safety of the players. The game of soccer demands that a player have a high level of fitness, requiring tremendous endurance on the part of the player to perform and succeed at the high school level. Therefore, players who meet team fitness standards enhance their chances of playing at a higher level in a match.



## **Playing Time**

Playing time is a coaching decision based upon many aspects of the player. Each player must realize that decisions are based upon what is best for the team at any given moment. Some players will receive a great deal of playing time while others will receive less. This result is based upon the merits of the player. All players who are concerned about their playing time are encouraged to seek out their coach and privately discuss the matter with him. **Playing time will not be discussed with parents.** There will be office hours for players and parents from 6pm - 7pm on a Monday. Playing time at Varsity level is not considered an issue.

## **Social Media**

While social media is a large, positive part of our culture, it can also have a disruptive impact on young people. Consequences determined by the coaches/athletic department will stem from the misuse of social media.

The following things are prohibited and will result in strong disciplinary action:

1. Sexually explicit, profane, lewd, indecent, or defamatory language.
2. Derogatory language regarding school personnel or other students.
3. Nude, sexually-orientated, indecent images, or altered pictures.

## **The Coach and Parent Relationship**

As high school coaches, we are hired as professionals by the San Ramon School District. We are considered well trained in our field, but we are also human and sometimes we make mistakes. Please respect that we are professional coaches doing our best, and rather than affecting morale by being negative, try to take the positives from any game and keep cheering for your players. I am very open and would like to think that people will always feel the lines of communication are open also. I have no problem with a parent wanting to discuss any situation other than tactics, formations, or playing time.

## **Bullying**

**Bullying of any kind may result in a season long ban from this team. This program considers hazing to be a form of bullying and any hazing will result in serious discipline.**

## **Uniforms**

Uniforms will be handed out to each player at the beginning of the season. The uniforms must be returned in good condition with nothing beyond the normal wear and tear. Lost uniforms will need to be replaced in full by the player. A senior will not be allowed to graduate unless the uniforms he had all years in the program are returned or replaced.

## **The Coach and Player Relationship**

The players must understand that the coach will make the decisions for the team regarding tactics, formations, and style of play. There must be respect shown to all coaches always. If a player has an issue with a coach the way to approach it is a meeting with your captains. They will then discuss with the coach. If it is still unresolved, then a meeting between player and coaches will be warranted. The player will request a direct meeting with the coach and this will take place in the office hours window of the next practice. A second coach and at least one captain must be present for this meeting. The discussion may be taped. If the issue is still unresolved, then the AD and the parents will meet with the player and the coach.



### **Website, Teamsnap, and Updates**

Any changes, and there usually are a few for various reasons throughout a season, will be sent out via the soccer specific website. Parents and players are advised to check the announcements every morning. We will use teamsnap for availability

[www.wildcatsmsoccer.com](http://www.wildcatsmsoccer.com)

### **Player Conduct When Travelling**

While on any school - sponsored trip away from San Ramon, a player is subject to immediate suspension from the team for the remainder of the trip if the player's misconduct or misbehavior, at the sole discretion of the coach, warrants such action.

The player, parents and/or guardian understand that they shall be responsible for all costs associated with the suspension.

### **Team Standards Signatures**

By signing below, we, **player and parent**, are agreeing to adhere to the standards set in the Team Standards handbook, and we understand that should we fail to adhere to the rules, there will be consequences. Each player will be notified in writing for his first and second warning. A parent will have to sign the notification and return the form to the head coach each time before the player may resume training or playing. Should the player face a third disciplinary action he may be cut from the team.

Player Signature: X \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: X \_\_\_\_\_ Date: \_\_\_\_\_