EHS GS Expectation & Rules

Fall 2019

|  |  |  |
| --- | --- | --- |
| Coach Information | Email | Cell # |
| **Richard Sando** | [Richard.sando@comcast.net](mailto:Richard.sando@comcast.net) | 253-921-2696 |

# Rules & Impacts

* **You must come to practice. Playing time will be limited for those who do not come to practice.**
  + **If unable to make practice you must advise coach prior to practice.**
  + **Playing time is earned at practice with the 3 A’s. Attitude, attendance & action**
  + **Unexcused practices will result in more loss in playing time, ineligible to play game(s) & potential removal from the team.**
* **Treat others as you would like to be treated**
* **Do not be late.**
* **No gossip or rumors. If there are issues we address them within the team**
* **Be positive to others**
* **Do not do something that will embarrass your family**
* **Treat the apparel and equipment as it is yours.**
* **Do not talk at the same time as the coach**
* **No cell phone usage during practices and games**
* **GRADES, GRADES & MORE GRADES. BAD GRADES, NO PLAY**

# Team Expectations

* **Ladies will push to maintain a 3.0 GPA or higher during the season**
* **A parent(s) will need to attend the preseason All Sports parent meeting put on by the school**
* **Win SPSL 2A GS Sportsmanship team of the season. It would be our 3rd in the last 4 years.**
* **Players need to go to class or they will not play.**
* **Upper class players will act as mentors to incoming freshman. “Big Sister program”.**

# Required Materials

* **Soccer cleats**
* **Shin guards**
* **Water**

# Practice Schedule

| Start Week | Days | Duration | Exercises |
| --- | --- | --- | --- |
| August 26th | **You need 10 practices before eligible to play** | **2 hours** | **Daily Lesson Plans will be sent out** |
| Practice calendar can be found at the website http://www.spslathletics.com/index.php?pid=0.18.150.11.320 |  |  |  |

# Game Schedule

| Date | Time Location |
| --- | --- |
| Go to website below |  |
| http://www.spslathletics.com/index.php?pid=0.18.150.11.320 |  |
|  |  |

**EHS Athletics Vision**

Evergreen High School Athletics is committed to education-based athletic opportunities that are inclusive of its diverse student body and will collaborate with parents, staff and community partners to create an environment where Wolverine athletes and teams thrive.

The Wolverine Way embodies sportsmanship, fosters competition, builds community, and promotes healthy lifestyle choices in our student athletes.

**Coaching Philosophy**

I try to teach the practice of excellence and life lessons through soccer.  I strive to put an emphasis on excellence as a process and a practice, not just a result. Technique, work ethic, and character are the backbone of the process and are therefore the focus of my coaching.

**Playing Time Policy**

The determination of playing time is dependent upon many factors both measurable and subjective. As head coach, one of my main responsibilities is to make personnel decisions that I believe provide our team with the best chance for success during any given competition. With that said, I am also keenly aware of how playing time affects team climate, the overall well-being of my program, and the development of individual self-esteem and perceived value to the team. I cannot guarantee that any player will play at all during the season, let alone how much they will play. What I will guarantee is that I will have weekly meetings with each student-athlete and they will be alerted to what needs to change in order for them to earn more playing time.

**Coaching Experience**

25 years of Soccer experience as a player, coach and administrator

Evergreen High School Girls Head Coach 2015 to present

Pacific Middle School Boys JV Head Coach 2013-2014

Lakeridge Middle School Girls JV Head Coach 2012 - 2014

**Soccer Education**

NSCAA “Advanced National Diploma” candidate June, 2019

NSCAA “National Diploma” August, 2013 (USSF C equivalent)

USSF “D” License, 2009

**Letter Criteria**

You must be in good standing with grades and disciplinary actions. Also, you must have played a significant role in the success of the team throughout the season to earn a letter.

I acknowledge that I understand and abide by the policies set forth by the program as identified in this document.

**Parent Signature: Student Signature:**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

How will your student get home after:Practice: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Games: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I have received information on the Myers-Stevens & Toohey insurance for as little as $40.00 for the entire school year which can cover injuries at practices and games. I understand that if I want more information, I will connect with my Building Athletic Director.

**Parent Signature:**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

*This Signature Page must be returned to the Coach by the End of the first week of practice (Friday)*