

# EVERGREEN HIGH SCHOOL BOYS SOCCER

## Program Information

2018

### #LOYALTY EVERGREEN HIGH SCHOOL BOYS SOCCER RELATIONSHIPS AND EXPECTATIONS VARSITY & JUNIOR VARSITY

#### IMPORTANCE OF EDUCATION:

Your **FIRST PRIORITY** as a student at Evergreen High School is to complete your academic requirements. This will open up many opportunities for you later on in life that soccer cannot. **ANY PLAYER WITH A FAILING GRADE WILL MEET WITH THE COACHING STAFF TO DISCUSS THEIR ACADEMIC SITUATIONS.** In the coaches' view, academic discipline corresponds with athletic discipline. We (coaches) cannot emphasize enough the importance of a quality education. Soccer should be a **SECONDARY** outlet for you to express your talents as a student-athlete.

#### PROGRAM RELATIONSHIPS

##### COACH/PLAYER:

On the field, the coaches' mission is to guide the team to their collective potential and position the squad to be able to reach the goals developed by players and coaches together.

Coaches will make every effort to understand and empathize with individual players while maintaining the best interests of the team. Coaches will consider the good of the team when making all decisions.

Communication between players and coaches is very important and will be most effective when done directly, honestly, and timely.

As long as you are a member of this program, you will accept and abide by decisions made by the coaching staff.

##### CAPTAINS/PLAYERS:

Captains will assist the coaching staff in creating a healthy and productive atmosphere within the squad, organizing team functions, and ensuring that training sessions and matches run smoothly. The captains' words are to be adhered to and respected.

Captains are expected to meet regularly with the coaches and inform them of any general team issues. Captains will encourage players to meet with the coaches individually about any specific issues.

The captains have the coach's authority on the field and will be the **ONLY** members of the squad allowed to talk to referees before, during, and after matches.

#### **PLAYER/PLAYER:**

Appreciate your squad-mates. You cannot win without them, and they without you. Good morale and team spirit will help us be successful and will make the season more fun for all. Communication between players is very important and will be most effective when done directly, honestly, and timely.

All players who accept an invitation to join the Varsity and JV squad are expected to contribute and no **SPECIAL TREATMENT** will be given based on class seniority or previous year's performance.

Your success on the field will be largely determined by your ability to accept each other as "brothers" and look out for each other. Be positive and verbally supportive to your squad-mates. Avoid critical, negative feedback. **Embarrassing or potentially hurtful activities directed toward any squad member will be seen as hazing and will not be tolerated. Aggressive conflict between players on or off the field will not be tolerated.**

#### **PLAYER/OPPONENT:**

Every player is expected to be courteous and hospitable to opponents and their fans. Understand that competition, especially when hard fought, is our best measure of improvement; it will strengthen our team going forward and should be appreciated as such. Be modest in victory and gracious in defeat; leave the emotions on the field but take the lessons with you. **UN-SPORTSMANLIKE** behavior will not be tolerated.

#### **PLAYER/REFEREE:**

Only the captains and coaches have the authority to talk with the referees before, during and after matches. Understand that how you speak to a referee will influence how they will call the match. A referee will not change a call made. A player's job is to change the match through play, not complaining.

All players will thank the referees after a match, regardless of the outcome.

#### **PLAYER/PARENT:**

Your parents have all made sacrifices to allow you to play soccer. Many have contributed numerous hours to organize activities that support you and the program. It is very important to let them know how much you appreciate their efforts and support.

#### **PLAYER/EQUIPMENT:**

It is each player's responsibility to have all necessary personal equipment (boots, shin pads, etc.) clean and ready before each training session and match.

Joining the squad means you will be assigned a uniform kit. You are responsible for the full replacement cost if it is not returned intact at the end of the season. Uniforms are to be reserved for **MATCH USE ONLY** and will not be worn elsewhere. Training t-shirts are required to be worn at all training sessions, unless otherwise directed by the coaching staff.

No matter your playing background, we are all members of the Evergreen High School Program. Wearing club gear to training sessions or matches is not permitted.

#### **SQUAD OBJECTIVE:**

We will collectively set squad objectives and goals. All players will be strongly encouraged to set personal goals consistent with the objectives of the squad. Once established, all players are expected to contribute fully toward meeting squad goals.

## **CONDUCT:**

You are a representative of not only Evergreen High School Boys Soccer, but also the entire EHS community. Your reputation, and that of the program and school, will echo louder and longer than any statistics you compile.

Your appearance and conduct should be beyond reproach at all times. Don't bring the program or any member of the program into disrepute by your actions. Your behavior must always enhance the image of our program to the public. The **Evergreen High School Student Handbook and WIAA Athletic Handbook** are the foundations of our program expectations and the basis on which disciplinary matters will be handled. All players are expected to know and abide by their tenants.

## **PROFANITY IS NOT PERMITTED AT ANY TEAM FUNCTION\***

### **SOCIAL MEDIA:**

Words and images posted on social media (whether by you or someone else posting about you) become public information and can never truly be deleted; even utilizing locks and limits to your accounts will not keep information private. Content can easily be taken out of context and shared with people well beyond your intended audience- information will always make its way to coaches and school staff.

You are highly encouraged to refrain from social media in season, or to at least share carefully.

### **FORM AND FITNESS:**

Players shall do everything necessary to keep them in the best possible condition to contribute toward the success of the squad. Each player must meet all conditioning requirements established by the coaching staff before becoming eligible to participate in matches.

To maintain the highest level of fitness and good performance it is important to remember:

- A healthy diet – what you eat/drink directly affects your ability to perform and recover.
- A good training ethic – be ready and willing to work hard every day.
- Plenty of rest.

**Note: Consumption of energy drinks (Red Bull, etc.) before, during, or after training sessions and matches is prohibited! If you consume these products now, plan to eliminate them from your diet during the season. Players are expected to adhere to the EHS Athletic, Alcoholic Beverages, Drugs and Chemical Substances guidelines found in the Athletic Handbook.**

### **INJURIES/ ILLNESS:**

Any player too ill to train must notify their coach directly, prior to the training session. All injuries need to be reported immediately so that proper attention and consideration can be given to ensure a speedy and full recovery.

Any player needing treatment from our EHS Trainer in the training room should plan to do so well before departure time for any training or match.

Players who are removed from a match due to a head injury will be carefully examined to determine if resuming play will/will not have an adverse effect.

Players are expected to comply with all directions given by their doctors, coaches and trainers pertaining to their rehabilitation and return to play. Players treated by a physician for an injury that has precluded them from participation must provide the coaches with a **WRITTEN CLEARANCE** from the physician and athletic trainer before resuming training or competition.

Being injured can be a frustrating period for a highly tuned athlete. The coaching staff and fellow squad-mates need to show empathy and make an effort to keep an injured player in good spirits.

**PUNCTUALITY:**

For the squad to perform at its best and to make training sessions, match preparation, and squad travel problem free, tardiness will not be tolerated unless one of the coaches has been notified directly and has given you permission to arrive late. If you are late and/or unprepared to begin a training session or a match on time, expect your playing time to be reduced.

**ABSENCE:**

Players are expected participate in all team functions. If you are unable to attend a training session, match or other event, you must communicate directly with a coach beforehand. An excused absence from training will relegate you to a reserve role in the next match. An unexcused absence will deny you the opportunity to participate in the next match.

**SQUAD MEETINGS:**

You will be expected to attend all meetings and arrive at least 5 minutes prior to the schedule start time. You will also be expected to bring paper and pen/pencil to all meetings.

**TRAINING SESSIONS:**

Before you are eligible to participate in matches, you must participate in weekly training sessions and meet all conditioning requirements.

All players are required to ride the bus to and from training sessions; the bus leaves the bus barn at 4:30 PM. No driving allowed unless otherwise stated by the coaching staff. If you miss the bus, call Coach Yeboah's cell phone.

All players are required to help load and unload any equipment needed for training.

You are expected to bring the following to every training session:

- Boots                      Running Shoes
- Shin Pads                Training Shirts
- 2 Pair of Socks (minimum) Weather Appropriate Clothes (warm-ups, etc.)
- WATER

**IF YOU LEAVE GEAR BEHIND, YOU RUN\*.**

All players must have their training gear on, jewelry removed, etc. and be ready to warm-up when they disembark the bus. If you are late and/or unprepared to begin a training session on time, expect your playing time to be reduced.

You will be expected to stay and listen to closing comments following training sessions.

Any player, who knows that they will miss training during the season, needs to let the coaching staff know directly and immediately.

**MATCH DAY:**

Only those players who are in attendance for all classes on the day of a match are eligible to compete. If you are more than **10 minutes late** to your first class, the school will consider you absent from that class.

All players are required to ride the bus to home and away matches. Coaches require the team to return to EHS on the bus following a match. All players are required to help load and unload any equipment needed for matches.

**You are expected to bring the following to every match:**

Appropriate Boots/Cleats

Home and Away Kits

Shin Pads

**WATER**

Weather Appropriate Clothes (warm-ups, etc.)

**IF YOU LEAVE YOUR GEAR BEHIND, YOU MISS A GAME.**

All players must have their proper uniform and all necessary gear on, jewelry removed, etc. and be ready to warm-up when they disembark the bus. If you are late and/or unprepared to begin a match on time, expect your playing time to be reduced.

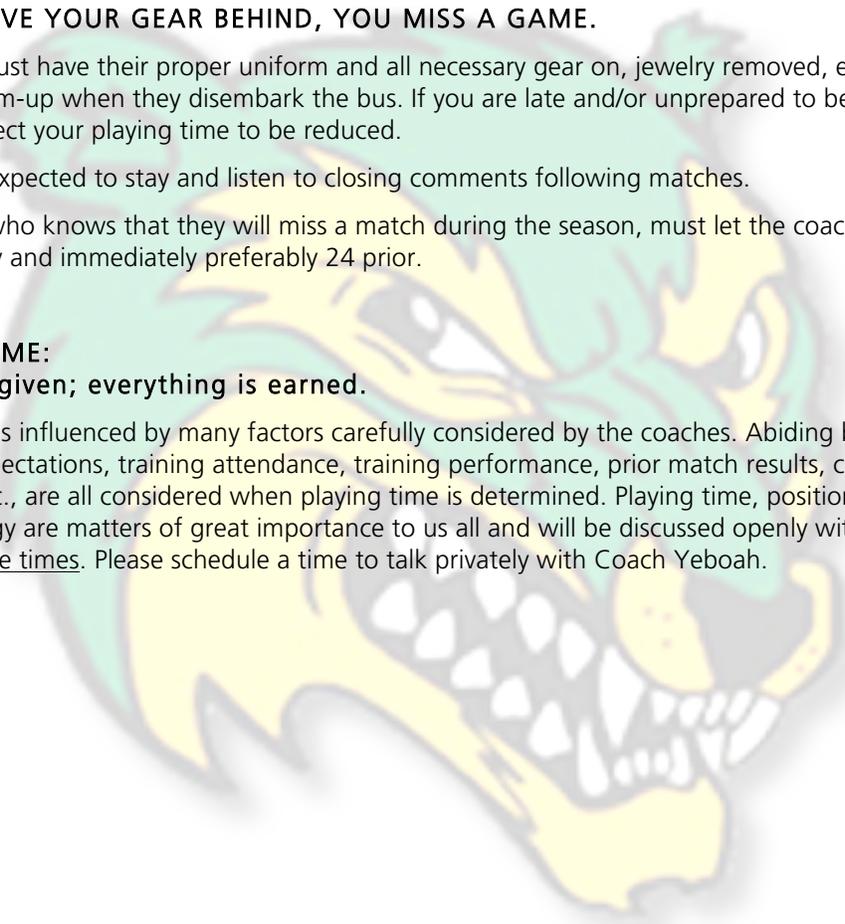
You will be expected to stay and listen to closing comments following matches.

Any player, who knows that they will miss a match during the season, must let the coaching staff know directly and immediately preferably 24 prior.

**PLAYING TIME:**

**Nothing is given; everything is earned.**

Playing time is influenced by many factors carefully considered by the coaches. Abiding by squad rules and expectations, training attendance, training performance, prior match results, current match demands, etc., are all considered when playing time is determined. Playing time, positions, and squad strategy are matters of great importance to us all and will be discussed openly with any player at appropriate times. Please schedule a time to talk privately with Coach Yeboah.



**EVERGREEN HIGH SCHOOL BOYS SOCCER INVITATION**

You are invited to become a member of the 2018 Evergreen High School Boys Soccer Team.

Accepting this invitation is a serious commitment of time and energy, please consider carefully before making a decision.

By accepting this invitation you are agreeing to abide by all of the standards and expectations within the attached Relationships and Expectations document. Keep the document for your information.

If you have any questions about this invitation or the program guidelines, please contact Coach Yeboah at [ny.appiahagyekum@gmail.com](mailto:ny.appiahagyekum@gmail.com) and Coach Patrick O'Brien at [pobsea@gmail.com](mailto:pobsea@gmail.com) or communicate in person.

If you choose **NOT** to accept this invitation, you must notify Coach Yeboah in person. Your invitation may be withdrawn and offered to another player in the program.

To accept this invitation, you must print and sign this page, and return to Coach Yeboah at the first training session.

***You will not be allowed to participate with the squad until this sheet is returned.***

I..... accept my invitation to join the Boys Soccer program. I have read and I understand the relationships and expectations established for the Evergreen High School Boys Soccer squad. Furthermore, I am dedicated to the success of the Boys Soccer program and agree to commit fully to supporting the relationships and upholding the standards and expectations as outlined by the Relationships and Expectations document and the handbooks of Evergreen High School.

Name of Student

Name of Parent

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.....

Signature of Student

Signature of Parent

.....

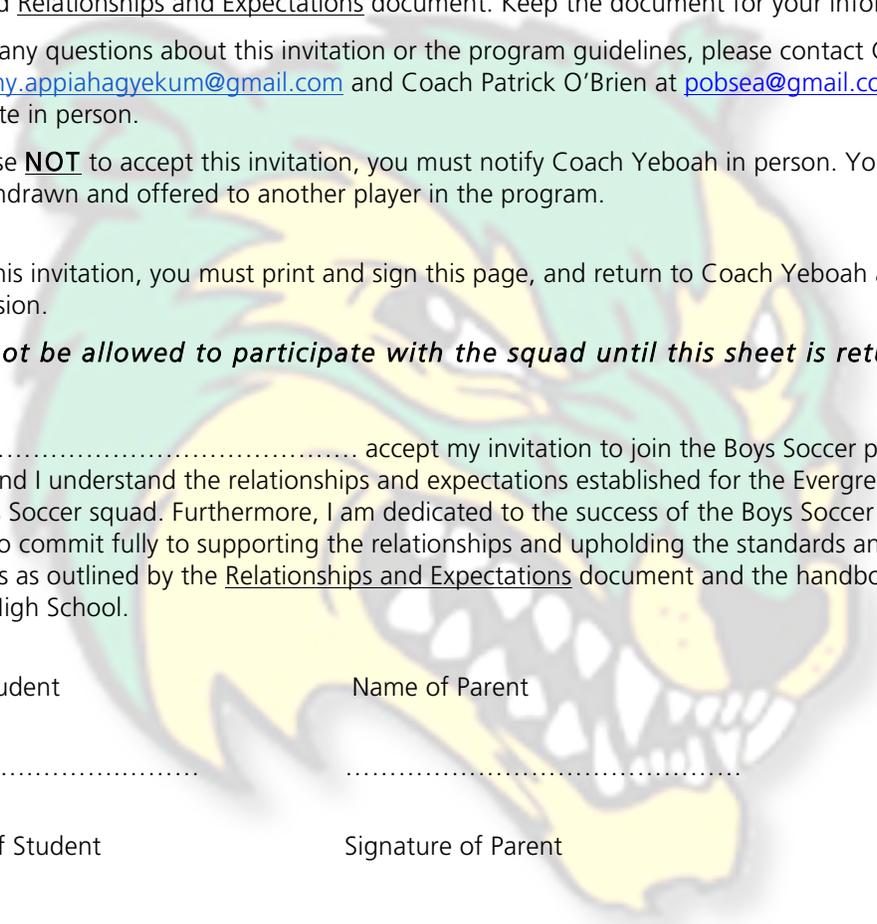
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Athletic Director

Date

.....

.....



I understand that I am financially responsible for the equipment issued to me, which will include:

**Balls, pennies, game-day jerseys, cones, puggs, soccer pumps, practice balls, and game-day balls**

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: \_\_\_\_\_

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

