

MOUNTAINVIEW SOCCER TEAM PHILOSOPHY



Soccer played well is a thing of beauty. Few athletic endeavors require as much teamwork; rarely does a sport reward hard work so completely. Athletes who study the game and apply the lessons learned relish every opportunity to practice and play. Spectators who watch competitive soccer for the first time are easily hooked.

Your Mountainview coaches love soccer. They are committed to you as students, as athletes and as young ladies. It is their goal to provide every opportunity for you to become as good as you want to be. More important, they strive to help you and your teammates become the best team you can be.

THE TEAM COMES FIRST

As a Mountainview soccer player, you agree that the team is paramount. Your individual goals and your team's goals do not necessarily conflict, but when they do, you accept that decisions are made for the good of the team. Successes are sweeter—setbacks sting less—when they are shared.

OUR TEAM THRIVES ON TRUST AND RESPECT

You must trust your coach and your teammates, and behave in a way that earns their respect. You must, within reason, do everything necessary to make yourself and your team better.

OUR TEAM WORKS HARD

Everyone wants to win, but few make the sacrifices to do it. No one will give you anything in life, you must earn it. You cannot cut corners.

OUR TEAM HAS BALANCE

To balance academics, athletics, work and family, you must plan ahead and make difficult choices. The choices you make will affect your future opportunities. Choose wisely.

ON OUR TEAM, BENCH TIME IS PLAYING TIME

As a Mountainview soccer player, you maintain the same focus and enthusiasm whether you are on the pitch or on the bench. You accept that playing time is decided by the coach for the good of the team in the circumstances of the moment. Every player has their head in the game at every moment and is ready to come in at any opportunity.

OUR TEAM CAN BE SUCCESSFUL

Your coaches want you to know that almost any obstacle can be overcome with hard work. Commitment, perseverance and responsibility will be rewarded.

OUR TEAM HAS FUN

Soccer is one of the most fun sports in the world. You know you've chosen the right sport if you simply can't wait to get back on the field, and absolutely love stepping foot on the turf with your friends and teammates every chance you get.

OUR TEAM PASSES IT ON

As you move through high school, share your new skills and insight with new or younger players. Be generous with your time. Consider helping at the middle school as an assistant coach. Be an active and involved Mountainview alumnus.

RULES HELP OUR TEAM RUN SMOOTHLY

Each player must decide if she buys into our system and is willing to commit to this team. Every rule is for the benefit of the team, and you have to decide, in advance, whether you want to follow them. If not, you should not be a part of the team.

AUBURN MOUNTAINVIEW PLAYER EXPECTATIONS



TIME COMMITMENT FOR SOCCER

Like all worthwhile extra-curricular activities, high school sports require a substantial commitment. SOCCER—the ultimate TEAM sport—demands that diverse individuals work as one, in a fast-paced test of coordination, cooperation—above all—concentration. Building a team requires a commitment of everyone's TIME.

Our season is short ... tryouts begin August 21st, and--just thirteen weeks later—end with the State Championships on November 20th. Focus during this brief period is incredibly important. As a member of the Mountainview Varsity, JV, or C-Team you are expected to:

ATTEND EVERY PRACTICE

Skills training, lesson plans and game preparations are all built one step on top of another. Coaches will not have the opportunity to help players “catch up.” If you know you must miss a practice, **YOU** must call or email.

ATTEND SCHOOL ON GAME DAYS

The Washington Intercollegiate Athletic Association (WIAA) and the Auburn School District prohibits any athlete from participating in an athletic contest unless, on the day of the game, they attended every scheduled class, or receive written permission from the school principal, Mrs. Terri Herren.

RIDE THE TEAM BUS

For ALL road matches at other high schools, all players must ride the team bus to and from the game. A player should be prepared to do homework during the bus rides. All players must return to the Mountainview High School parking lot on the team bus. If there is a situation that requires a player to ride home with their parents, prior approval and a note from the parent is required. This should only happen in the case of an emergency, not a matter of convenience. Our away games officially end when our players step off the bus at Mountainview. Please plan for parents to pick you up at AMHS.

THE PLAYER'S COMMITMENT TO THE PROGRAM

You must make a decision about your willingness to work with us and commit yourself to the program. We have set high standards. We ask you to buy into this philosophy and follow the ground rules. You must decide if you want to be on the team under these conditions, because these are the rules we are going to play by and there are very few exceptions. You all must honor your commitment throughout the season.

AVOID OTHER CONFLICTS

Saturdays: The Soccer schedule may include a few Saturday games plus other team activities and practices. In addition, the NPSL Tournament, West Central Districts, and State usually fall on Saturdays. That's a lot of Saturdays during our short season.

PRACTICES AND GAMES

Missed practices on the day before a game may result in loss of playing time. All absences must be pre-arranged with the coach. Please do not schedule doctor or dentist appointments during the season if at all possible. If a pre-arranged absence is not possible, a phone call must be made and a message left to your coach on the day of absence. Please be sure to contact coaches directly and as soon as possible.

BEING "ON TIME"

Pride-Time= ten minutes early...always. This time will be used to make sure everyone is ready to go.

HAZING

Under no circumstances will any type of hazing and/or initiation be tolerated. The term "hazing" means any activity expected of someone joining a group that humiliates, degrades, abuses, or endangers that person, regardless of his or her willingness to participate. Violation of this rule may result in strong disciplinary action, including suspension from the athletic team. **We honor our new members!**

PLAYERS' ROLES

Each of you has an important role on the team regardless of your playing time. Each player contributes to the success of the team, whether it is on the field, in practice, keeping stats, or simply cheering on the team. Your role is evaluated every day and can change with individual progress, but you must accept your role for the team to function effectively.

THE SUBSTITUTES

On field playing time will not be equal. The first question you must ask yourself is "can I sit on the bench and be as prepared and ready to play as the players on the field?" Everyone puts in the hours in practice and deserves to play, but only eleven players are allowed on the field at one time. We usually have 16 – 24 players on the team and we must all be positive and supportive of one another.

BEING COACHABLE

Our job is to coach you. We have a great deal of experience and many successes doing this. Although there is more than one way to do things correctly, there are definitely incorrect techniques that will inhibit progress. We expect you to attempt to make changes or adjustments according to our instructions.

PLAYER CONFLICTS WITH TEAMMATES

During the season, potential conflict may arise among teammates. Being proactive about the conflict and communicating with each other will be required. Players unable to resolve the conflict themselves or with the assistance of their coach will be considered ineligible to compete in games. **Behavior, comments and actions viewed as detrimental to the program will not be tolerated.**

DEVELOPING A WORK ETHIC

The program is built on a strong work ethic. We will give you our best effort and we expect that you will do the same. Everyone wants to win, but very few people are willing to make the commitment and sacrifices to do it. It takes an enormous amount of energy, time, effort, and commitment. You

cannot cut corners. If you think you can do it without working, you are wrong. We are going to challenge you to be good every single day, and you must be motivated to give your best. It takes 1000 quality repetitions to create muscle memory and to commit a skill to habit. Take the time and put in the work to make it “stick”.

NO JOKING AROUND

You must take practice and the game seriously. Do not joke or laugh when you make mistakes. Show your teammates and the coaching staff that you are focused on executing the play properly the next time. After mistakes are made, we expect an athlete to be focused on conquering it not “hanging out with it”.

ON WINNING

We are happy when the team performs well, whether or not we win. We might not always win on the scoreboard, but we can always be successful. Ten years from now you will not remember the individual wins and losses; rather, you'll remember the experiences you had and what you learned from competing. Spend your energy winning each 50/50 ball, each half, and ultimately each game.

DEVELOPING SPORTSMANSHIP

Be a good sportsman. Do not hate the opponent, rather, love the game. Play with class. No swearing, trash talking, or finger pointing. Avoid responding to "trash-talking" opponents. Focus on your play and that of your teammates. Celebrate good plays with your teammates. All energy stays in our side of the field. Individuals choosing to participate in unsportsmanlike or classless behavior will be benched immediately.

GOING TO CLASS

You cannot be successful if you do not attend class and do not do the work. We will send out periodic progress reports to your teachers. All Mountainview soccer players are expected to sit in the front few rows of class, not in the back.

Truancies will not be tolerated. All absences must be excused by a parent note.

NO CHEATING

You cannot be successful and cheat. Do your own work. Do not ask teammates to do it for you. Reach out for help before you get into a situation that might create a temptation to be dishonest. It is never worth the risk of losing trust, and not gaining knowledge. Cheating in class will be grounds for reduced playing time, suspension, or removal from the program.

CHOOSING CAPTAINS

The role of overall captain is a very important one and carries with it a big responsibility. Among other duties, these players are responsible for assisting with team management, maintaining discipline, leading by example, communicating effectively with both teammates and the coaching staff, and addressing any grievances with the coaches. Players had the opportunity to nominate captains based on leadership criteria.

REPRESENT YOURSELF, TEAM, PROGRAM, AND SCHOOL WITH CLASS

On game days, players are encouraged to wear soccer apparel. We may choose, as a team, to wear something different than soccer gear, but everyone will be expected to dress according to what the team decides to wear.

VARSITY LETTER REQUIREMENTS

Here is out criteria for earning a varsity letter.

1. Start the season on Varsity and stay predominantly with the varsity the entire season; OR
2. Play in a meaningful amount of innings at the coaches' discretion (at least 25%); OR
3. Play in a meaningful amount of games at the coaches' discretion (50% or more); OR
4. Fill a role on the team that greatly improves our ability to win games ; OR
5. Be a senior on the varsity team; AND
6. Finish the season in good standing (not removed from the team for any reason prior to the banquet)

All other players not qualifying for Varsity Letters will receive a Certificate of Participation if they finish the season in "Good Standing". Good standing means that the players finish the season, which includes the end of the season banquet, with the team free from any Athletic Disciplinary Actions.

"No one is bigger than the program"

Please remember that "eyes" are always watching. These eyes belong to younger players, opponents, coaches, members of the community, scouts, college recruiters, and strangers. What image do you reflect while ...on the field? ...in the stands? ...at the mall?? ...walking into a gym?? Remember that "ears" are always listening. What you have to say reflects who you are. Speak of our team and school positively. Keep your negative opinions of others to yourself. It takes away from the positive environment we are trying to create for ourselves, plus it is a very poor reflection of you, as a person.

"You can always tell more about a person by what they have to say about others, than you can by what others have to say about them"

STARTING NOW

The season begins today. Everyone starts at zero with a clean slate. We want success for each one of you and will give you our best. It is your responsibility to earn a position on the field in practice. The best players will be selected for the Auburn Mountainview soccer team. Best is based on skills, attitude, heart, and potential.

"Good teams become great teams when the members trust each other enough to surrender the "me" for the "WE".

AUBURN MOUNTAINVIEW SOCCER PLAYER CONTRACT

Please keep this copy – it is for your records

1. I *understand* that, as a member of the Auburn Mountainview Soccer Team, I *will* be expected to make ACADEMICS *and* ATHLETICS a priority in my life.
2. I *will not* be satisfied with less than my best effort on the field or in the classroom.
3. I *will* strive to earn A's & B's in all my classes.
4. I *understand* that if I do not maintain an overall GPA of 2.5, I may be expected to attend team study-hall sessions.
5. I *will* attend every class. I *will* arrive on time for each class and I will turn in every assignment on the assigned date.
6. I *will* attend all practices, games, fundraisers, and promotional events. In the event I am unable to attend any function **due to a personal emergency**, I will contact the coaches immediately.
7. I *understand* that if I do miss any Soccer function, I *will* be expected to make it up by contributing in other areas at another time or it may cause a loss of playing time.
8. I *will* be on time to every Soccer function. I *understand* that it is inconsiderate to my teammates and coaches to be late.
9. I *will* treat my teachers, coaches, and teammates with courtesy and respect, even when I am down or in a bad mood.
10. I *will* give 100% effort in every practice and game, as it is my intention to become the best Soccer player that I can be.
11. I understand that being a member of this program is a privilege and my playing time is not guaranteed. I am responsible for communicating with coaches regarding improvements needed by me to contribute in game situations, not my parents.
12. I *understand* that my character is essential to being a member of this program. Participating in actions such as cheating in class, dishonesty, or being disrespectful to others will be grounds for limited playing time or dismissal from the team.
13. I *understand* that for my personal success and the success of the program, I must follow these guidelines and furthermore, encourage my teammates to do the same.
14. **I will follow the guidelines in the Auburn School District Athletic Code of Conduct.**

I have read and agree to the above guidelines and the Auburn Mountainview Soccer Philosophy and Expectations. I understand that failure to meet the requirements of this contract may result in loss of opportunities to continue as a member of the Auburn Mountainview Soccer Team.

Player Name (print) _____ Signature _____ Dated _____

Parent(s) (print) _____ Signature _____ Dated _____

Please keep this copy – it is for your records

SIGN THIS COPY AND HAND IN

AUBURN MOUNTAINVIEW SOCCER PLAYER CONTRACT

1. I *understand* that, as a member of the Auburn Mountainview Soccer Team, I *will* be expected to make ACADEMICS *and* ATHLETICS a priority in my life.
2. I *will not* be satisfied with less than my best effort on the field or in the classroom.
3. I *will* strive to earn A's & B's in all my classes.
4. I *understand* that if I do not maintain an overall GPA of 2.5, I may be expected to attend team study-hall sessions.
5. I *will* attend every class. I *will* arrive on time for each class and I will turn in every assignment on the assigned date.
6. I *will* attend all practices, games, fundraisers, and promotional events. In the event I am unable to attend any function due to a personal emergency, I will contact the coaches immediately.
7. I *understand* that if I do miss any Soccer function, I *will* be expected to make it up by contributing in other areas at another time or it may cause a loss of playing time.
8. I *will* be on time to every Soccer function. I *understand* that it is inconsiderate to my teammates and coaches to be late.
9. I *will* treat my teachers, coaches, and teammates with courtesy and respect, even when I am down or in a bad mood.
10. I *will* give 100% effort in every practice and game, as it is my intention to become the best Soccer player that I can be.
11. I understand that being a member of this program is a privilege and my playing time is not guaranteed. I am responsible for communicating with coaches regarding improvements needed by me to contribute in game situations, not my parents.
12. I *understand* that my character is essential to being a member of this program. Participating in actions such as cheating in class, dishonesty, or being disrespectful to others will be grounds for limited playing time or dismissal from the team.
13. I *understand* that for my personal success and the success of the program, I must follow these guidelines and furthermore, encourage my teammates to do the same.
14. **I will follow the guidelines in the Auburn School District Athletic Code of Conduct.**

I have read and agree to the above guidelines and the Auburn Mountainview Soccer Philosophy and Expectations. I understand that failure to meet the requirements of this contract may result in loss of opportunities to continue as a member of the Auburn Mountainview Soccer Team.

Player Name (print) _____ Signature _____ Dated _____

Parent(s) (print) _____ Signature _____ Dated _____

SIGN THIS COPY AND HAND IN