

OSSEO GIRLS SOCCER PLAYER HANDBOOK

OSSEO GIRLS SOCCER MISSION/ PHILOSOPHY

The mission of the Osseo Girls Soccer Program is to assist players in the development of character, responsibility, and integrity through the game of soccer. Winning is a byproduct, not an end result.

The philosophy of the Osseo Girls Soccer Program is to develop from top to bottom individuals and teams who excel at soccer, play competitively, and are successful in every game and practice.

EXPECTATIONS

Soccer Player Expectations: These are expectations your coaches and teammates will have of you as an Osseo Soccer Player.

Each Player Will...

1. Conduct herself in a manner that is always a positive representation of the Osseo Girls Soccer Program and Osseo Senior High School.
2. Strive for excellence in her academic studies and attend all classes on time.
3. Give her best effort possible in all practices and games.
4. Treat teammates, coaches, opposing players and coaches, referees, and parents with the utmost respect and consideration.
5. Be on time for school, practice, bus trips and games.
6. Abide by the MSHSL & OSH athletic training rules—no use of mood-altering chemicals (non-prescription drugs, illegal drugs, alcohol) or tobacco.
7. Be responsible for letting her coach know in advance when she is unable to be at practice or a game.

8. Put the best interests of the team ahead of her own.
9. Budget her time to allow for appropriate attention to all areas of her life, including soccer, school, family, etc.

Soccer Coaches Expectations: These are expectations Osseo Girls Soccer players can have of their coaches.

Coaches Will...

1. Be a positive adult role model on and off the soccer field.
2. Show genuine interest and concern for each player as an individual.
3. Be fair and consistent when dealing with players and various situations that arise.
4. Run an organized and fundamentally sound soccer team. The coach will assist players in improving as individuals and bring the team to perform at its highest level possible.
5. Work hard, always striving towards excellence.

TEAM POLICIES

1. EQUIPMENT

- A. Lockers - You will be given an athletic locker. Bring your own padlock from home or check one out from the equipment manager. **KEEP YOUR BELONGINGS LOCKED UP!** Do not share a locker.
- B. Practice clothes - Always bring soccer shoes and running shoes. Shinguards (NOCSAE approved) are required for every practice. You cannot wear your game jersey for practice. Should the program elect to utilize practice jerseys, players will be responsible for wearing their practice jersey to each practice.

- C. Uniforms - These will be issued prior to the first game. You are responsible for taking care of them and keeping them cleaned and returning them at the end of the season along with any other equipment issued. Damaged or missing uniforms will result in a fine/fee to be paid by the player.
- D. Balls - Bring an inflated soccer ball to every practice and game.
- E. Water - Bring your own marked water bottle to every practice and game. Do not share water (to prevent spread of illness to teammates).

2. PRACTICE

PRACTICE PHILOSOPHY: Practice is essential. It is crucial for making you a better soccer player, your teammates better soccer players, and your team a stronger team. Practice is really just a rehearsal for a performance, the game. One of the fun parts about being on a soccer team is being able to play soccer, which is what practice is all about.

As a high school athlete, part of your responsibilities include budgeting your time to allow you to give adequate attention to each area of your life. This means taking care of schoolwork at appropriate times and honoring the commitments you've made.

It is a team and school policy that an athlete must make every possible attempt to attend all classes. It is not acceptable to miss the first couple of classes to "catch up on your sleep" or homework.

Practice Times: Each individual coach will arrange practice times and will communicate the practice schedule to their players. Players are responsible for arriving at practice on time and be prepared to give their full effort for the duration of the practice session.

Players are expected to be at all practices, strength training sessions, and games. Try to schedule doctor and dentist appointments on evenings or weekends if possible.

Shuttle Bus: Junior High students will ride the shuttle bus over from their respective junior highs and will make all attempts to get out to practice as soon as they arrive.

If for any reason you are not able to be at a practice, strength training session or game, you **MUST** notify your coach before the event. Coaches will provide their players with contact information. It is your responsibility to notify your coach by calling or emailing; whichever is their preferred method of communication

***** If a coach is not notified before the practice, strength training session, or game, it is considered an unexcused absence*****

First Time Unexcused Absence: Player will be suspended from the next game at minimum; the coach will decide if the situation warrants further action.

Second time Unexcused Absence: There is no reason to ever have a second time, as the lesson should be learned from the first mistake. If it does occur again, the player and the coaching staff will together examine whether the athlete should continue to be a part of the soccer program. Appropriate consequences will be determined.

Note---Each case, including excessive excused absences, will be reviewed individually and the decisions made by the coaching staff are final.

Missing Practice: Coaches understand that there are events and situations that require you to be away from soccer. However, if you miss the practice prior to a game you will not start in the next game. Playing time is then up to the coach's discretion.

Note---A student may not participate in a practice or game if she has an unexcused absence of any class during the day. You must also be at school for the entire day unless the absence is pre-arranged with the school (i.e. field trip, ortho, etc).

3. GRADES

Academics are essential to your success in life and in soccer. For specifics, see the OSH Athletic Code. In addition, there may be periodic grade checks by coaches to ensure that student-athletes are staying committed to schoolwork. Playing time may be adjusted to allow students to 'catch-up' on missing work. However, student-athletes are expected to honor their commitment to Osseo Girls Soccer and budget their time in such a way that they can attend every practice and game.

4. STRENGTH TRAINING

A central part of our conditioning is a regular strength-training program. This will be a new type of conditioning for many of you. Ideally, an athlete builds her strength through a regular strength-training program in the off-season. Strength training will improve your ability as a soccer player, your focus and commitment, and also injury prevention.

Unfortunately, not all soccer players strength train during the off-season, so the majority of what will be accomplished in the strength room will be more of an introduction and a chance to safely practice to what to do in the off-season.

5. JOBS

Some players attempt to keep part-time jobs during the soccer season. By registering for Osseo Girls Soccer players make a commitment to their teammates that they will make every effort to attend every practice and game. In fairness to other players who attend every scheduled practice and event, work conflicts are considered unexcused absences and will result in decreased playing time during games.

6. TRAINING RULES

Eligibility rules are set up by the Minnesota State High School League, the Osseo Area School District and are supported by the soccer program. Each of you, by signing the rules form, have made a commitment to refrain from smoking, drinking alcoholic beverages, or taking, buying or selling un-prescribed drugs. This is a serious commitment you have made to yourself, teammates, parents, and coaches and should not be taken lightly.

As an athlete, this is a year-round commitment, not just during the soccer season or school year. Remember, right and wrong are not to be determined by whether an individual is caught or what someone else is doing. Make wise choices and encourage others to do the same. Consequences will follow school and MSHSL guidelines.

7. GAMES

AWAY GAMES: School buses will take players to and from all away games. Leaving times and locations vary depending on the distance and your team. Departure times will be given to each team by the coach. Players are

responsible for being prepared to leave at the scheduled time. OSH policy states if a player misses a bus, she is not allowed to get other transportation to the match to participate.

All players must ride the team bus to and from the game, please do not ask coaches, they will make bus riding expectations prior to the trip. Do not ask to ride home with your boyfriend or friend's parents, etc. Athletes may only leave with their own parent and after signing out! Exceptions may be given by the coach.

HOME GAMES: Each individual coach will inform players to the necessary arrival time to allow for field set-up and warm-ups.

Make sure prior to each game that you have all your equipment (cleats & shin pads), a clean jersey and clean socks, a ball, and water.

8. PLAYING TIME

The philosophy of the Osseo Girls Soccer Program is to play competitively in every game. Sometimes this means that not every player will receive equal playing time. However, a player on the sideline has a crucial role in the game also. She needs to be prepared physically and mentally to play when called upon and to encourage her teammates to do their best.

Playing time is always up to the coach and the individual player. Questions for the coach about how to get more playing time should be about specific areas to improve upon in practice.

9. INJURIES

Soccer is generally a safe sport; unfortunately, injuries do occur at times. Common soccer injuries include: sprained ankles, bruises, blisters, and sprained knees, etc. If you do have an injury, make sure your coach is notified right away so proper care may be given as quickly as possible. Each team has a medical kit available to them on site. There is a certified trainer, Lindsey Geeseman, available every weekday after school at OSH for additional needs, such as more severe injuries or chronic pain.

10. LETTERING REQUIREMENTS

Attendance at all practices and games is required (unless arrangements are made with the coach) AND Participation in the program for 3 years with

minimum of 2 years at Jr. Varsity Level (senior only); OR Be placed on the varsity roster and play in the equivalent of least 9 varsity matches. All lettering players must finish the season in good standing with the OSH Soccer Program and coaches.

Even if a soccer player has met all of the above criteria, or if the soccer player is close to meeting all of the criteria, the coaches will make the final decision on all letter-winners.

If there are any violations of the State High School League Rules regarding chemical use or conduct in the school or community during the soccer season, the athlete will not letter and may not be allowed to finish the season. Athletes will also not be eligible for All-Conference or All-State Honors.

11. CHEMICAL ELIGIBILITY

The Osseo Girls Soccer program abides by the MSHSL Chemical Eligibility Bylaw 205.00 for players who receive a first offense, assuming that the offense occurs in the off-season.

- A. **First Violation Penalty (OFF SEASON)**
- The student shall lose eligibility for the next *two consecutive interscholastic contests or two weeks, 14 calendar days*, whichever is greater, of a season in which the student is a participant.

In addition, the following consequences will be issued to players receiving a chemical first offense:

- Loss of captain/senior leader role
- Ineligible for season team-voted awards (e.g. MVP, hustle, Power of We, etc)

During the soccer season (from the first day of tryouts until the day of uniform check-in) the Osseo Girls Soccer program will institute a **ZERO TOLERANCE** policy. Any player receiving a chemical violation as defined by the MSHSL will be **dismissed from the soccer program** effective immediately.

OFF-SEASON SOCCER/TRAINING OPPORTUNITIES

Players are encouraged to take part in the various off-season programs to help prepare them for the high school soccer season.

1. Osseo Girls Soccer Training Clinics- Run by Coach Ohlenkamp and other coaches; a chance to work on improving your skills with your teammates. Dates will be determined each summer and released via the webpage and Facebook page.

2. Summer Soccer Leagues- There are various local clubs and leagues to play with the summer that will give you the opportunity to become a better soccer player and improve your conditioning. Ask your coach for help if you have any questions.

3. On Your Own- Coach Ohlenkamp has put together a packet for an individual off-season training program that you can follow to improve your speed, agility, endurance, and soccer skills. This is available per your request.

4. Captain's Practices- These practices are available to any player in grades 7-12 who is interested in trying out for high school soccer. There is no cost to attend. The practices typically occur the week before tryouts and run from approximately 8:00-10:00am. The practices are designed and run by captain/seniors in the program and are meant to provide an opportunity for girls to meet each other, get some touches on the ball, and improve their fitness before the official school tryouts begin the following week. High school coaches are NOT in attendance at these practices.

UPDATES

Coaches will do their best to provide the most up-to-date information for athletes and parents. We will utilize our webpage, Facebook, and Twitter to communicate with families.

THANK YOU!!

You, the players, are the most important piece of our puzzle. Without your dedication to the sport the program would not exist. So, THANK YOU for promoting the sport of soccer. Help your program grow by recruiting your friends and by serving as a positive role model for Osseo Girls Soccer at ALL times!