

HANDBOOK of RULES and REGULATIONS



TVHS SOCCER SPRING 2008

Head Coach (Varsity): Nate Hancock, (970) 391-3408
nrh12@hotmail.com - Off Campus

Head Coach (JV): Mike Horak – Off Campus

"The leaders who work most effectively, it seems to me, never say 'I.' And that's not because they have trained themselves not to say 'I.' They don't think 'I.' They think 'we'; they think 'team.' They understand their job to be to make the team function. They accept responsibility and don't sidestep it, but 'we' gets the credit.... This is what creates trust, what enables you to get the task done."
--Peter Drucker

PRACTICES

EXPECTATIONS:

- All practices are **mandatory**.
- Practices START on time and END on time.
 - You are expected to be dressed and ready to start warm-ups at the beginning of practice. That means you need to get to the field 10 – 15 minutes early. If you are not ready to start with everybody else, **you** are at fault. Do not be late!

Exceptions:

- There are a few things that will excuse you from practice, ***IF ARRANGED AHEAD OF TIME!***
- Family, school, and church are priorities over soccer. If you miss a practice for one of these, ***you are still responsible to make-up all conditioning missed.***
 - *Absences (excused or not) hurt the team. Therefore, they hurt YOUR chance for playing time.

"The greater the loyalty of a group toward the group, the greater is the motivation among the members to achieve the goals of the group, and the greater the probability that the group will achieve its goals." -- Rensis Likert

GAMES

Home games: Played at Mountain View High School(MVHS) field OR the Loveland Sports Park(LSP). Weather and scheduling conflicts can change game locations and times on short notice. We will do our best to get the information TO you, but you also have my phone number.

Away games: When we travel to away games, buses pick up and drop off at TVHS.

- Phones are always available to call for rides.
- The bus ALWAYS leaves on time.
- If you miss the bus, you cannot play in the game, no exceptions.
- You are expected to ride to and from the game on the bus with the team on every trip. RARE exceptions will be made if arranged ahead of time. We are only allowed to let you ride with your parents or legal guardians—IF ADVANCE ARRANGEMENTS are made. Teambuilding takes place even on the team bus...we share victories and losses TOGETHER!

FUNDRAISING

Each year we will discuss as a team how to raise additional necessary funds. Please let one of the coaches know if you have suggestions! We welcome them all!

"Teamwork is the ability to work together toward a common vision. The ability to direct individual accomplishments toward organizational objectives. It is the fuel that allows common people to attain uncommon results." --Andrew Carnegie

EQUIPMENT NEEDS

- All players are required to have shin guards. They are required during practice, and they are required for all scrimmages and games-Cleats are required; Any problems talk to coach. If you don't know what kind of cleats to get, talk to us for some suggestions. Some shoes are much better for your feet (in the conditions we play in) than others. They can be a little expensive, so getting the right "boot" is very important.
- The rest of the uniform is provided (**and must be returned at the end of season**). Normal wear and tear is expected, but lost or damaged uniforms are expensive to replace, and are your responsibility.
- It is also required that you bring a full water bottle to every practice and game.
- Bring both running shoes and soccer cleats all the time.
- The weather can change quickly, so be prepared with proper clothing at all times!



"I don't believe in team motivation. I believe in getting a team prepared so it knows it will have the necessary confidence when it steps on a field and be prepared to play a good game."
--Tom Landry

COACHING PHILOSOPHY

As a coaching staff, we believe that soccer is fun; soccer practice is demanding. The real fun won't come until you celebrate after victory with the team you trained with, and friends and family that support your hard work. If you want to have fun all the time, please go play rec-ball. Times have changed. I want dedication to learning how to play this game better, faster, stronger, and smarter. Losing is not fun.

This is a competitive program ... playing time is not equal (it is not even guaranteed). Playing time will be earned by hard work, the ability to blend with teammates, attendance, passion, determination to be the best, and the willingness to make your team better.

Things happen and slots on the Varsity squad are never guaranteed, so I expect everybody to be trying to improve every day. Injuries, relocations, attitude problems, and many other unforeseen circumstances can end up leaving vacancies. I need depth because injuries will happen. Soccer skills, athletic ability, dedication, effort, and attitude are what determine an individual's role on the team.

Individuals do not win by themselves. Play with the team. Make your teammates better and we all get better. We usually don't have to cut anyone, BUT that is not guaranteed. If our numbers are high, we will not keep any Seniors on the Junior Varsity or any underclassmen who do not possess the athletic ability or skills to compete on the team at this time. We hope this doesn't happen, but it is a possibility.

*Work hard, trust us and we will help you improve. Remember JV makes the Varsity better by challenging them to maintain a high level of play. JV is the key to the future of this program. Please realize that this is a four-year school and a four-year program. Strive to make **yourself** better.*

Our number one priority is always the health and safety of our student-athletes. We will never knowingly sacrifice these over the course of the season. The decisions we make and the team rules we enforce are geared toward this purpose. They are also designed to do what we think is best for the team as a whole. We do understand that sometimes this can make things difficult for individuals. Ultimately, we hope that everyone involved in our program (students, parents, coaches, fans) leave us having a positive experience.



***** Also, I am very passionate myself. I am human. As the coach of this program I expect many things and you will quickly learn what those are. I will likely yell and scream at certain points in the season. I want you to learn to win more than anything, but I do not want you to fear me. My voice is loud and I am demanding. Hopefully, you will find that I am fair, and I am looking out for you. So please feel free to express your opinions to me. Communication is the key to understanding each other. The things I yell about are not personal - they are soccer related. Mostly yelling will come from bad traps, passes, lazy runs, etc. And I do understand mistakes happen and some days are better than others. So please realize that I am just coaching. We have a great road to travel, and obstacles to overcome. We all need to be fierce and make things happen. Let's have a great season!!

"You will find men who want to be carried on the shoulders of others, who think that the world owes them a living. They don't seem to see that we must all lift together and pull together." --Henry Ford

GAME DAY RULES AND REGULATIONS

These are designed to make sure that we represent our school in the most positive light. Some of them are for the sanity of your coaches as well. Please remember: **Do not do anything stupid.** If it will make your coaches or your parents mad, if it makes your team look bad, or your friends or the school, REFRAIN from doing it!!!

1. **Everyone** rides to and from the games on the school bus to away games. Only emergency situations will be an exception, and they need to be arranged **WITH THE COACHES ahead of time.** You need to be responsible enough to ride to the games without being idiots. Do not mess around or it will cost you playing time. If you can't handle the ride the game must not matter either. You will not play. **Players are responsible for finding a ride to the field on home game days.**
2. We always leave everything nicer than we found it. The school bus, our field, their field, equipment, bathrooms, concession stands ... you name it. Pick up all trash, do not make a mess or damage anything, EVER. This even means we clean up after other people as well. Do NOT rely on your parents or others to pick up. EVERYONE PITCH IN!!
3. Never go anywhere by yourself when we are traveling. Make sure you check in with a coach before leaving the game field.
4. Everyone wears exactly the same thing ... during warm ups, games, etc. When we get to the field, line up all of the bags in numbered order. Do not leave your jackets, balls (etc.) all over the sideline. Take the time to put all of your stuff in your bag. We always warm up and look organized. No skins warm-ups at matches. It looks sloppy.
5. ***NEVER go through a teammates bag without THEIR permission!!*** If you see a teammate doing this, please report it to coach immediately. Do NOT take someone else's property without previous permission, including, but not limited to iPods, cell phones, water bottles, clothing, etc.
6. Things that are **BANNED** from the bench/sideline where we are set-up:
 - parents - other coaches - cell phones - music - homework (for those suited up)
 - friends/girlfriends: This goes for practices, too!

Pay attention and support your team!!
7. All players must remain at the bench/on the sideline during the game.

8. No comments will be directed to the fans, to the other team or to the officials at any time EVER. The captains will communicate any and all problems to the officials.
9. Foul language is not acceptable, particularly when it is purposely directed at another person ... a teammate, an opponent, a coach, a fan or an official.
10. The sidelines will offer only support and encouragement at all times for our team. The sidelines will never direct negative comments or cheers towards teammates or opponents.
11. If you are the recipient of a taunt by a player, a rude comment by a coach, or a harsh comment by a fan or parent, *you will not respond in any way ... verbally or non-verbally*. Please report any and all such incidents to Nate, Chase, ASAP. We will deal with correcting the problem.
12. Questionable calls by officials are part of the game. We (coaches included) will not argue or over-react to calls that go against us. We will play on.



INELIGIBILITY EXPECTATIONS

As high school students, you are expected to have a sound idea of what your grades are at all times during the season. If you believe your grades are questionable, take the initiative to speak to your teacher immediately. Do NOT wait until things reach a “point of no return”!!! Expectations during your ineligible period:

1. You are STILL part of the team and are expected to be AT all practices and/or games UNLESS YOU CONTACT COACH IN ADVANCE. An unexcused absence during this time MAY result in additional practice time, drills or running. IF YOU DON'T LET ME KNOW YOUR INTENT, I CAN ONLY BELIEVE YOU ARE NOT INTERESTED IN BEING A PART OF THE TEAM.
2. You may or may not be included in scrimmages or drills during practice. If you are NOT part of the drill, you are expected to practice on dribbling, kicking and other things individual in nature or run. It is YOUR responsibility to stay in top condition, even if you are not playing! Keep moving and do NOT let the coaches see you standing around – or WE will find something for you to do! (The reason you may not be included in drills/scrimmages is obvious: the team must adjust to playing without YOU.)
3. You may also be asked to shag balls, assist with equipment, provide water during breaks or various other tasks during practices and at games. Keep yourself visible and moving at all times!!
4. By all means, if you need time off to do homework...see coach and discuss it! Check with teammates for study assistance...we're a TEAM both ON and OFF the field!
5. Work hard on your grades!! Soccer should be seen as a reward for maintaining good grades and being a good role model for others!
6. Discipline and organization are critical when trying to balance academics with athletics!!



"Never doubt that a small group of thoughtful, committed people can change the world. Indeed. It is the only thing that ever has."

--Margaret Mead

THE ROLE OF PARENTS AND FANS

*I have certain personal expectations of what I like to see out of my soccer parents and fans. I will make it short and simple: **Support the team in a positive way.** We all want to win, but keep your perspective correct and watch what you say.*

I love to talk with all parents. Express your concerns to me, but I don't want a sales pitch on why your student should play more. If you ask me, I will give you the honest reason why they are or are not playing. Be warned: it will be blunt and honest. I will play the best players in the school that complete all administrative procedures, come to as many practices as possible, have tremendous desire, compete as a team player and not an individual, and many other conditions.

Remember: I am the coach, and the athletic director put his faith in my abilities to change this program as I see fit. I will do everything for the benefit of the Varsity team and the immediate season, and Junior Varsity for development for next season.

I do value your opinions and legitimate concerns. I want you to trust that I am striving to make all players in this program improve at soccer. I am also responsible for helping them understand the importance of and how to behave and represent our sport and school.

I really am excited about the team, the season, and my coaching staff. I look forward to meeting all parents and let's set the tone for a new era in TVHS Soccer!



~~~~~  
*"It is amazing how much people can get done if they do not worry about who gets the credit."  
--Sandra Swinney*  
~~~~~

GO EAGLES!