



# SHORELAND PACER SOCCER



PARENT AND PLAYER HANDBOOK



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### HANDBOOK



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#### I. TEAM GOALS AND OBJECTIVES

##### **That the players know:**

1. That the ultimate victory over death was won for them and all people by our Lord and Savior Jesus Christ through his perfect life, sin-atonng death, and triumphant resurrection.
2. The lessons they learn in the pursuit of success in soccer can be helpful throughout their lives in serving their Savior.
3. Soccer is just a game, it's supposed to be fun, and we can have fun while we are busy playing hard and playing smart.
4. "As you practice, so shall you play."
5. More teams lose because they have beaten themselves than for any other reason. Conversely, players who take the field with confidence will believe they can win the game -- if they play hard, play smart, and have fun.
6. You can learn from both losses and wins.
7. Good communication is a key to any successful team.
8. Most problems will remain manageable if they are addressed quickly and directly.

##### **That the players do:**

1. Seek to serve their Lord in all things glorifying in the words and actions.
2. Continually seek to improve in all facets of the game and their lives.
3. Watch and listen for ways in which they can improve.
4. Play hard, giving everything they have in every second they have.
5. Play smart, working within the team's offense and defense and within the player's own limitations.
6. Have fun knowing that soccer is a game played for fun.
7. Take the field with confidence.
8. Learn from both wins and losses.
9. Motivate themselves to improve.
10. Communicate well with others.
11. Anticipate problems and address them quickly and directly when they occur.
12. Treat officials with respect.
13. Develop the necessary desire, enthusiasm, and eagerness to achieve.
14. Proudly and responsibly represent themselves, their families, their school, and their Lord.
15. Develop a healthy lifestyle and well-shaped mental and emotional attitudes that will enable him/her to maximize his/her physical and technical potential.

### **That the players be like:**

1. Loyal and dedicated members of a team who work for the improvement of the team in all they do.
2. Self-motivators who desire to improve in every aspect of their lives.
3. Growing Christians who know and accept the changeless truths of Scripture and apply these truths to the ever-changing situations in their own lives, homes, community, and world.
4. Self-directed learners who apply positive Christian values to formulate, establish, and prioritize achievable God-pleasing goals for themselves and their future, monitor and evaluate their progress, and assume responsibility for their learning and actions.
5. Collaborative contributors who use effective leadership and group skills to initiate, develop and sustain supportive relationships with and between others in culturally diverse work, community, church, and family settings.
6. Dedicated stewards who recognize their gifts and limitations and strive for intellectual, athletic, and productive excellence.

## **II. TEAM RULES**

### **1. Team. Team. Team.**

“Team” means the players on the team, the coach, the students of our school, our fans, and, most importantly, Christ. Everything we do is to be done for the benefit of our **team** in service to the coach whom we serve and follow everywhere, our Lord. The players will be expected to reflect their love for their Savior in their behavior on the soccer field and off.

### **2. Stay positive.**

The SLHS coaches will try to utilize positive reinforcement and encouragement as much as possible during practices. On game day, we are to be positive in everything we say. That includes what we say to our team members, to our coach, to the opponent, and to the **officials**. **We ask that our fans make this a rule for their conduct from the sidelines as well.** Obeying this rule will go a long way in establishing our reputation as individuals, as a school, and as representatives of Christ.

### **3. Play hard. Play smart. Have fun.**

If we do that, we’ll put forth a winning effort on the field.

## **III. PLAYER RESPONSIBILITIES**

### **1. Represent your Lord, school, and self well at all times.**

### **2. Comply with the team, school and WIAA rules.**

The members of the team will be expected to abide by the rules and policies of Shoreland Lutheran High School and the Wisconsin Interscholastic Athletic Association (WIAA). Included in the SLHS standards of behavior is the following: The participants understand that drinking alcoholic beverages, using tobacco products, or using narcotics, hallucinatory drugs, or other substances that are illegal for minors hinder maximum effort and performance. Any violation of the above, no matter how seemingly insignificant, means suspension from the extracurricular activity pending review by an administrator and the advisor or coach. A professional assessment may be required at the student's expense. The privilege to participate may be restricted for a period of time or forfeited. A first offense incurs a 20% loss of participation time. Penalties for out of season violations will be applied to the student’s next activity or season. **Training rules are in effect year round.** WIAA rules and information can be found at [www.wiaawi.org](http://www.wiaawi.org).

### **3. Schoolwork comes first.**

Although soccer should be important in your child's life, schoolwork needs to come first. It is very important that your child is fulfilling all the responsibilities of his classes to the best of his ability. In order to participate in practices and game the student must be current with all academic work. A student has the right to appeal his eligibility. The procedure for appeal is found in the SLHS Student Handbook. If the coaches can assist in any way with helping your child meet his academic responsibilities, please let us know.

### **4. Unless excused, players must attend every practice and game.**

The commitment of our players is critical to our team’s success. Practice and game schedules can be found on the SLHS website ([www.slhs.us](http://www.slhs.us)) and will be communicated to the players. As much as possible try to schedule personal activities so that practices and games won’t be missed. There may be times, however, where a family event or another issue prevents a player from making a practice or game. If there is a reason a student athlete cannot make a practice or game, they should contact the coach as soon as possible. If this cannot be done prior to the practice or game, please make sure that it is done as soon as possible following the practice or game. Players will be excused from training for: illness, family activities, and extra academic help or make-up work. These absences must be communicated to the coach **AHEAD** of time. If a player is injured, they are expected at training sessions unless being rehabilitated by the athletic trainer. After working with the trainer they are to report to training after their rehab session, if possible.

The team members will work with the coach to decide what consequences there will be for those who have unexcused absences from practices or games or are late for either of those.

### **5. Be on time.**

### **6. Closely attend to all instruction.**

7. **Take criticism in a constructive way without excuses or sulking.**  
If the coach criticizes you consider it as a compliment. He/she is trying to teach you and impress a point upon you. If he were not interested in you, he would not bother. A player is criticized only to improve his/her play and not for any personal reason.
8. **Maintain a clean locker room, clean cleats off outside and no cleats on in the building.**
9. **Treat opponents, teammates, and referees with respect.**
10. **Bring necessary equipment to practice: Balls, shin guards, cleats, etc...**
11. **Be enthusiastic, industrious, dependable, loyal and cooperative.**
12. **Be in the best possible condition—physically, mentally, and morally.**
13. **Earn the right to be proud and confident.**
14. **Keep emotions under control without losing fight or aggressiveness.**
15. **Work constantly to improve without becoming satisfied.**
16. **Acquire peace of mind by becoming the best that you capable of becoming.**

The teams will have behavior and attendance rules – violations will be dealt with individually by the coach. Players in violation of these rules may face playing time penalties

#### **IV. VARSITY AND JUNIOR VARSITY SQUADS/PLAYING TIME**

*The coaches will place the athletes on the junior varsity or varsity squad based on what is in the best interest of their development as an individual and as a soccer player. In addition the talent, experience, skill potential, physical size, and speed of the players will be considered. These factors will also help the coaches determine the starting lineup and playing time for each game.*

*On the junior varsity level, every attempt will be given to get all players into the game so that they can develop their skills. Time will be based on practice performance, attitude, and ability. It will be given in a manner that will keep the game competitive.*

*On the varsity level, playing time is determined by the head coach to give the team the best opportunity to win the match. Playing time is not guaranteed at the varsity level. Players need to be prepared for any situation.... as do parents. It is very possible that a player will fill a vital role in training, but see very limited time in matches. All varsity players will contribute to the building of a cohesive unit, and must be prepared to “Give up the ME for the WE.”*

*Playing time and expectations will be communicated to the players. If you have concerns, please do not hesitate to discuss them with the coach privately.*

**Senior Night or homecoming:** In line with the above philosophy, these special nights are not games where all seniors have an entitlement to play (though it is always the desire when circumstances allow). Senior Night, in fact, is to recognize and celebrate how the Pacer Soccer Program has different levels of players that fulfill the various roles on a team for it to maintain a certain level. Please know, however, that it is the desire of the coaching staff for all the seniors to experience playing.

#### **V. SPORTSMANSHIP**

We expect our coaches, players, and parents to display positive behaviors on the sidelines and in the stands. Things will never go our way all the time, but harassing players, coaches, and officials paints an ugly picture of our athletes, our program, our school, and our community. Coaches, players, and fans must always strive to:

- Enjoy the competition without getting overly-involved.
- Stay positive and energetic.
- Keep the game in the proper perspective.

#### **VI. PARENT RESPONSIBILITIES**

1. Make sure your child knows win or lose, that you love them, you appreciate their efforts and you are not disappointed in them. Be your child’s best fan. Support your child unconditionally. Do not withdraw love when your child performs poorly. Your child should never have to perform to win your love.
2. Be helpful but don’t “coach” on the way to the field, at dinner, etc.
3. Teach your child to enjoy the thrills of competition, trying, working, improving their skills and attitudes . . . taking the physical bumps and coming back for more.
4. Try not to relive your athletic life through your child in a way that creates pressure.
5. Leave the coaching to the coaches. You have entrusted the care of your child to the coaches; they need to be free to do their job.
6. Be completely honest about your child’s athletic capability, competitive attitude, sportsmanship and actual skill level.
7. Don’t compare the skill, courage or attitudes of your child with that of other members of the squad or team.
8. Support all players on the team.
9. Befriend other parents.

10. Work with other parents to make sure everyone represents our school and Lord well.
11. Don't show negative emotions so others can hear you.
12. Remember that children tend to exaggerate both when praised and when criticized. Temper your reactions to their tales of woe or heroics they bring home.
13. Encourage your child to talk with the coaches if he/she is having difficulties in practices or games or has a scheduling conflict. Taking responsibility is a big part of being a member of a team. When your child handles the off-field tasks (knowing the schedule, preparing equipment for practices and games) he/she is establishing ownership of all aspects of the game.
14. Understand and display appropriate game behavior. Be supportive, cheer, and represent your school and your Savior well from the sidelines. Players need to focus only on the parts of the game that they can control (hustle, positioning, decision making, skill, aggressiveness). When a player focused on what he/she cannot control (what others are shouting), performance suffers. Do not tell a player what to do. Do not yell at a referee. Doing so presents a poor image of our school and gives the players an excuse for not winning a match.
15. **Help your child keep priorities straight.** Help your child maintain a focus on schoolwork, relationships and the other things in life beside soccer. Also, if your child has made a commitment to soccer, help him/her fulfill his/her obligation to the team.
16. If the team loses a match, but your child has played her best, help him/her to see this as a "win" and that you are proud of him/her. Remind him/her that he/she is to focus on "process" and not "results". His/Her fun and satisfaction should be derived from "striving to win".
17. **Keep soccer in its proper perspective:** Soccer should not be larger than life for you. If your child's performance produces strong emotions in you, suppress them. Your relationship will continue with your children long after their competitive soccer days are over. Keep your goals/needs separate from those of your child.
18. **Have fun!** That is what the coaches will be trying to do. We will challenge your child to reach beyond his/her "comfort level" and improve as a player. We will do this in an environment that is fun, yet challenging. We look forward to this process. We hope you do too!

## VII. COMMUNICATION

Please call the coaches or stop to see us at school if you'd like to talk, if you have questions, or if you have any concerns. Good communication between parents, players, and coaches is essential to a great team and successful season. The more we communicate, the more problems and misunderstandings we can avoid. As in all areas of life where people interact with one another there may be times when misunderstandings and problems occur. You are encouraged to follow the **principles found in Matt. 18** by first going directly to the individual. The next steps would be to the SLHS athletic director, then to the SLHS principal, and finally to the SLHS Board of Control. Our loving God expects us to put the best construction on things, commands us not to gossip, and has given us direction in Matthew 18 on how to resolve problems with our fellow Christians. Following these principles should help us to deal with one another in Christian love. Listed below are five key steps to follow if there is a conflict between players, coaches, and/or parents:

**1. Cool down. Manage your anger in positive, God-pleasing ways.**

“A man of knowledge uses words with restraint, and a man of understanding is even-tempered. Even a fool is thought wise if he keeps silent, and discerning if he holds his tongue.”

Prov.17:27-28

**2. Come back together to identify the problem.**

“He who answers before listening, that is his folly and his shame.” Prov. 18:13

**3. Collect the facts about the problem. Attack the problem, not the people.**

“Understanding is a fountain of life to those who have it, but folly brings punishment to fools. A wise man's heart guides his mouth, and his lips promote instruction.” Prov. 16:22-23

**4. Brainstorm solutions.**

“Turn from evil and do good, seek peace and pursue it.” Ps. 34:14

**5. Try to reach a solution.**

“Blessed are the peacemakers, for they will be called the Sons of God.” Matt. 5:9

## VIII. TIME MANAGEMENT

Participating in high school soccer involves a time commitment that requires a great deal of responsibility. Please help your child monitor his schedule to assist him in being on time for all practices and games. The season practice schedule is available at registration and on the Pacer Soccer Homepage on Edline. A schedule of games can also be found on the Shoreland Activities website. The majority of practices will run from 3:00pm to 5:30pm. Home games are normally at 4:30pm for JV and 6:30pm for Varsity; away games will vary. Athletes should plan to be on the field ready to warm up at least 45 minutes prior to the game. Please note the times of practices and games as well as the arrival and departure times for away games. Maps are available on the Shoreland Activities website.

Closely monitor your child's involvement in all their activities. Involvement in too many activities, job conflicts, and

homework procrastination can lead to serious time conflicts and force students to be unfaithful to the commitments they have made.

Those students who are involved in a co curricular activity or plan to be and who are thinking of taking **driver's ed.** classes should speak to their respective advisor or coach to determine the potential for conflict.

## **IX. THE ATHLETE'S WELFARE**

Your child's welfare and safety are our top priority. We want to ensure that all get home safely after away games. If your child will not be riding on the bus on the return trip from away games, he will need to complete the necessary form and give it to the coach before he has permission to do so. I've attached some of these forms to this letter.

There is always the possibility of injury during practices and games. Anyone participating in interscholastic athletics should have adequate insurance, must have the WIAA Physical Examination/Permit Card on file in the Athletic Director's office, and must have a Medical Release Form on file that will allow the student to receive emergency medical treatment in the event that the parents cannot be contacted to give their consent. If your child is injured or ill be sure that he speaks to the coach as soon as possible. The SLHS trainer is available each day after school. Both the trainers and coaches will work to communicate with parents about the injury.

A regular sleep schedule and well-balanced meals, especially prior to games will allow your child to play up to his/her potential. Keep in mind that:

\* Starchy complex carbohydrates (bread, potatoes, rice, and pasta) are the best choice before a game.

\* Athletes who fail to refuel and/or rehydrate during and after activities will not have the optimal level of energy to play at the same intensity the next day. All players should drink 12 or more ounces of water before, during, and after practice. Also athletes need to drink two full glasses of water for each caffeinated drink consumed during the day to remain properly hydrated.

\* To help in the recovery process, athletes should eat a high-carbohydrate snack within 30 minutes after practice or competition and a healthy meal two hours later.

\* Carbohydrates are the most efficient source of energy for muscles and they should make up approximately 60% of an athlete's diet.

“What an athlete eats on a daily, weekly, and monthly basis can significantly affect his or her performance on the playing field. This is especially true in soccer where the energy demands are great and body's ability to supply the working muscles with energy can become a limiting factor in performance. By eating the right foods before, during, and after training and competition, soccer players can maximize their energy reserves and perform at peak efficiency for an entire game, a weekend tournament, and even an entire season.”  
Joe Luxbacher

### Pre-Competition Guidelines

#### Evening Before

“What you eat the evening before a game may actually be more important than what you eat the day of the game. Your overall nutritional goal is to properly hydrate your body and at the same time increase carbohydrate fuel stores. A suitable, high carbohydrate meal could include one or more of the following items: pasta with marinara sauce, baked potatoes with low-fat cheese and vegetables, small amounts of meat, rice, breads, fruits, ice milk or sherbet. Hydrate your body at regular intervals rather than in one sitting. Drink 4 to 8 extra glasses of fluid throughout the day prior to the game.” Joe Luxbacher

#### Pre-Game Meal

“The primary goals of the pre-game meal are to: 1) provide energy to the muscles; 2) ward off feeling of hunger when competing; 3) ensure that you are well-hydrated; 4) prevent upset stomach during competition. The following guidelines will help you to accomplish those goals:

Consume the meal 3 to 4 hours before the game. This will provide sufficient time for the stomach and upper small intestine to empty prior to competition.

- ✓ Carbohydrates should be the primary constituents of the pre-game meal. They are easily digested and will help to maintain blood glucose levels. Pancakes, waffles, bagels, muffins, toast and jelly, fruit, pasta, milk products, vegetables, and rice are all good choices (but not at the same meal!).
- ✓ Keep the meal low in fats and proteins because both of these nutrients are digested slowly. Nutritionists no longer advocate the traditional pre-game meal of steak and eggs.
- ✓ Avoid greasy and highly seasoned foods.
- ✓ Don't experiment with different foods before a big game! Include familiar foods that you enjoy.” Joe Luxbacher
- ✓ Drinking 7-14 oz. of a sports drink like Gatorade or Powerade 5-10 minutes before the game and during halftime can be beneficial.

Taken from Conditioning for Soccer by Joe Luxbacher, Masters Press, 1997.

\* Parents can provide carbohydrate snacks and sports drinks for the bus trip home after an away game to help athletes recover. Here's a sample of healthy foods to help athletes recover from practices and games:

\* Sports drinks and water

\* Granola, energy or breakfast bars

\* Bagels with peanut butter

\* Sub sandwiches

- \* Crackers and cheese
- \* Fresh fruit like apples, bananas, oranges, grapes
- \* Fruit smoothies (prepackaged)
- \* Chocolate milk
- \* Ensure and Boost (They are a balanced meal in a can.)
- \* Burritos
- \* Vegetables such as carrots and celery
- \* Rice cakes or trail mix
- \* Animal crackers

## **X. QUITTING THE TEAM**

SLHS coaches strive to make the soccer season enjoyable and beneficial for all members of the team. When your child joins the team, he is making a commitment of his time and efforts. If your child is considering quitting the team for any reason, encourage him to talk to the coach immediately. If after you and your child have prayerfully considered his continued participation on the team and believe that is not in his/her best interest to remain on the team, please set up a time to meet with the coach. A student athlete who quits an activity will not have their participation fee refunded. A meeting with the SLHS Activities Director, parents, and student will be scheduled to review the situation. A coach may deny future participation based on the situation.

## **XI. DRESS FOR PRACTICE**

Players are asked to be properly dressed for practices. Proper attire is required for a practice that meets our dress code. Players should wear a T shirt styled shirt and appropriate length shorts for practices. Violators of the school's dress code may need to sit out from the practice or miss the next scheduled game. In addition to having cleats and shin guards for the outside portions of practice, your child should have a pair of shoes that could be used for indoor training in the weight room. The WIAA (Wisconsin Interscholastic Athletic Association) mandates that all shin guards have the NOCSAE symbol on them. Players should bring their own water bottles or jugs to practices to stay properly hydrated. Team members will be assigned lockers in the first week of practice to store their clothing and equipment. The assigned locker should be kept clean all belongings should be put away before leaving after practice or games.

## **XII. TEAM PRACTICE RULES**

1. Be dressed, on the court, field, or in the weight room, and ready for practice on time every day. There is no substitute for industriousness and enthusiasm.
2. Look at Soccer Central outside Coach Hahm's room daily for any announcements concerning practices, games or general information.
3. Work hard to improve yourself without having to be forced. Be serious. Have fun without clowning. You develop only by doing your best.
4. No cliques, no complaining, no criticizing, no jealousy, no egotism, no envy. Earn the respect of all.
5. Never leave practice without permission.
6. When a coach blows a whistle, all give him undivided attention and respond immediately.
7. Move quickly to get in position to start a new drill.
8. Keep a neat appearance.
9. Take excellent care of your equipment and keep your locker neat and orderly.
10. When group activity is stopped to correct one individual, all must pay close attention in order that you will not require the same correction.
11. Condition comes from hard work during practice and proper mental and moral conduct.
12. Poise, confidence, and self-control come from being prepared.

## **XIII. CAPTAIN RESPONSIBILITIES**

Being named a varsity captain is the greatest honor a player in our program can receive. It is not to be taken lightly, nor is the decision to accept this position. Varsity captains must be willing to accept these responsibilities without question or reservation. These responsibilities are, but are not limited to:

- o Helping teammates set spiritual, family, academic, strength, fitness, and skill goals for the next season soon after the previous season has ended.
- o Modeling outstanding training habits in the off season by working out at SLHS at least twice a week unless there are extenuating circumstances which prevent you from doing so. Monitoring the off season training of all your teammates and encouraging them to excel.
- o Organizing and directing off-season training activities like indoor soccer mornings, open fields, and captains practices
- o Assist with promoting the SLHS soccer program among the SLHS Federation Lutheran elementary schools and assisting with the grade school soccer camp.
- o Providing Christian leadership through your example on and off the field.
- o Getting to know your teammates closely and acting as a liaison between them and the coaching staff.

- Training harder, being ready to do the “extra” work that needs to be done in order to make us the best. (This includes being on time, doing the best work in training, being positive, hustling at all times, NOT taking short-cuts, picking up equipment, moving goals, responding immediately to coaches’ directions----simply put, doing more and working harder than anyone else on the roster.
- Attending all team functions.
- Making sure teammates are keeping in line with proper Christian behaviors and attitudes that reflect positively on our program.
- Preparing for the banquet.

#### **XIV. UNIFORM CARE**

Players are asked to take care of their uniforms throughout the season. Be sure that the uniforms and warm-ups are properly washed, cared for, and returned promptly at the end of the season. Uniforms should never be bleached. If possible, clean them immediately after a game or soak in cold water overnight. Be sure to shake off mud before cleaning and avoid excessive heat while washing and drying. Any equipment or uniform lost or damaged beyond common use must be replaced by the athlete. The cost will be based on the replacement price. Cleaned uniforms are due to the coach or the athletic office within one week after the final season game. If uniforms are returned dirty there will be a \$10 cleaning charge assessed. Late fees of \$5.00 per week will be assessed up to a month and then a replacement fee will be assessed after a month.

#### **XV. Varsity Letter and Awards**

**SOCCKER Varsity Letter Policy:** To receive a varsity letter in boy’s soccer, the athlete must:

1. Student must have met all academic eligibility and good citizenship criteria as provided for in the Shoreland Lutheran High School Athletic Handbook.
2. The athlete must have completed the season in good standing as determined by the coaching staff and athletic department.

This includes players:

- Attend all in season practices, games, meetings, & team functions [banquet/community service project] unless excused by the coach.
- Exhibit a positive attitude, commitment, and effort toward team goals.
- Return all assigned equipment. Any equipment missing must be paid for.
- Complete Exit Survey and Attend End of the Year Evaluation/Meeting with coaching staff

3. All players meeting above criteria 1 & 2 and completing their fourth year of soccer will be awarded a varsity letter.

4. All players meeting above criteria 1 & 2 and having appeared in 40% of varsity halves for the regular season.

5. All players meeting above criteria 1 & 2 and who the coach feels would have played the required number of halves in the regular season, but missed games due to soccer injury, may be awarded a varsity letter at the coach's discretion.

In order to receive other awards (numerals/chevrons/team awards) at the end of the season an athlete must have faithfully participated throughout the entire sport season which includes:

- Regular attendance at practice and games
- Keeping of training rules
- Cooperation with teammates, managers and coaches
- An athlete should make significant contributions to the success of his/her team

An athlete injured during the season may be given awards based upon their playing status at the time of injury and the duration of the recovery time. Numerals will be awarded for those who successfully complete their first season of interscholastic supports. Special awards will be given to varsity players. The awards will be determined based on the nature of the team and the season and may include: most valuable player, defensive player of the year, offensive player of the year, leadership award, Mr. Hustle, etc. All conference awards will be determined by all the varsity soccer coaches at the conclusion of the conference schedule. An awards banquet will be held at/near the conclusion of the season. The date of this event will be published at a later time.

#### **XVI. VOLUNTEERS**

SLHS depends on the involvement of parents to make our sports seasons successful. We would encourage you to be active in our support group – Pacer Patrons. We also are in need of scorekeepers, ball shaggers, announcers, and scoreboard operators for each of our varsity home games.

#### **XVII. SOCCER RULES**

Basic soccer rules are pretty simple to follow, the team that scores the most goals wins!

Each team consists of 11 starting players of which there is one goalkeeper and 10 field players. The game is played on a soccer pitch and the field dimension will normally be about 100 to 120 yards long by 50 to 75 yards wide.

Soccer teams are normally split into formations consisting of goalkeeper, fullbacks, midfielders and forwards.

High school soccer games consist of two halves lasting 40 minutes each for JV and 45 minutes for Varsity, although injury time is often added by the referee to cover any stoppages.

During the game the referee has the power to caution players and issue yellow and red cards. Yellow cards are issued for minor or a series of fouls by the same player which results in a booking; however, if two yellow cards are issued then this equals a red card and the offending player is sent off the field.

A straight red card can be also be issued for serious foul play or denying an opponent a goal scoring opportunity.

One of the most important basic rules of soccer is the offside rule, which basically prevents attacking players from gaining an unfair advantage as when a pass is made there has to be 2 opposition players closer to the goal than the attacking player. If the attacking player is level with a defender WHEN THE BALL IS PLAYED then he is still onside so play continues.

### **XVIII. PLAYING COLLEGE SOCCER**

The SLHS soccer coaches have the welfare of all players as their top concern, both during high school and beyond. The coaching staff will assist all players in finding a suitable college program if they are interested in playing college soccer, have the talent and academic scores to do so, and are willing to commit the time and energy necessary to compete at that level. Student athlete guidebooks can be found at the following web sites: [www.ncaa.org](http://www.ncaa.org), [www.naia.org](http://www.naia.org), and [www.njcaa.org](http://www.njcaa.org). The primary objectives in seeking a college program should be to get a good education, get to play at the next level, and have it financially funded in some way. Please understand:

1. While we are willing to help, it is the responsibility of the athlete and his/her parents to market the athlete and get his/her name in front of college coaches.
2. The actual number of student-athletes fully funded at the Division I level is .8%.
3. 83% of all collegiate opportunities are not at the Division I level.
4. There are thousands of scholarships and various forms of need and merit-based financial available.
5. The key is to find the “right match” with a school and coach who are genuinely concerned about you, your success and your future.
6. One of the most important choices a student-athlete makes is finding the ideal school, not just the biggest or most familiar. If you love soccer, you’ll want to play regardless of size or location. Just remember, “They don’t play, you don’t play.”
7. Just because you’re getting calls from colleges does not mean you are one of their top recruits. Ask the coach directly, “Are you offering an official paid visit and will you be making a home visit?” Their answers will signal their true interest in you.
8. Be careful of recruiting services. There are hundreds of web-based recruiting sites that look legitimate but really don’t perform. There are only a few organizations that college coaches utilize.
9. They key is to get as many schools as possible interested in your academic and athletic talent. Put yourself in the position to negotiate. This is why you should consider out of state schools.
10. It is important to note the dates when college coaches can recruit high school athletes.

Jack. H. Renkens [www.recruitingrealities.com](http://www.recruitingrealities.com)