

WAUKESHA WEST



2016

WOLVERINES

PLAYER GUIDELINES BOOKLET



Waukesha West Men's Soccer

Wolverines 2016 Season

Varsity Captains:

Adam DeMaster	262-674-4484	ademaster18@gmail.com
Matt Fernandes	262-720-4218	matt.fernandes25@gmail.com
Evan Donini	262-370-0224	fcm1792@gmail.com

Picture Day: August 31 at 5:00 pm – Stadium turf field
Varsity and J.V

Fall Practices: After School from 3:15 -5:00 pm

Eligibility Card:

All sport participants must have a WIAA physical card or alternate year card on file in the athletic office before they can participate in practice or tryouts. The forms are available at WEST during regular school hours or online at www.waukeshawest.org.

Contact Numbers:

Waukesha West High School	(262) 970-3900
Mr. Kyle LeMieux – Assistant Principal/Athletic Director klemieux@waukesha.k12.wi.us	(262) 970-3911
Mrs. Teri Abraham - Athletic/Activities Secretary tabraham@waukesha.k12.wi.us	(262) 970-3919

Chairperson, Boys' Soccer Program:

Deb Donini	walkertr10@aol.com	(262) 370-4776
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COACHING STAFF:

Varsity Coach.....Marcel Feenstra	(414) 322-0813	marcelfeenstra14@gmail.com
J V Coach.....Zeus Espinosa	(414) 306-0384	zeusespinosa@icloud.com

West Trainer Missy Hansen, MS, LAT Pro Health Care cell# 262-498-6197

End of Season Banquet Date: November 9th

WAUKESHA WEST WOLVERINES 2016 VARSITY SOCCER SCHEDULE

DATE:	OPPONENTS:	TIMES: Game /	Bus departs
Aug 20	WISCONSIN HIGH SCHOOL FRIENDLIES @Racine SCORE Complex (see attached schedule)	9 am, 11 am, 1pm Bus returns approx. 4:30 pm	7:45am
Aug 24	Away vs. Hamilton	7:00 pm	3:00 pm
Aug 26	SUN PRAIRIE QUAD @ Sun Prairie High School	4pm, 6pm TBD	1:30 pm
Aug 27	SUN PRAIRIE QUAD @ Sun prairie High School	10 am, 12 pm TBD	7:30 am
Aug 30	Away vs. Waukesha South*	6:30 pm	no bus
Sept 1	GUSHO TOURNAMENT (see attached schedule) @ Brookfield East High School	7:45 pm	TBD
Sept 2	GUSHO	TBD	TBD
Sept 3	GUSHO	TBD	TBD
Sept 6	Waukesha North* (Youth Campers Night)	6:30 pm	
Sept 13	Arrowhead* (Super Fan Night)	6:30 pm	
Sept 16	Away vs. Brookfield East	5:00 pm	3:00 pm
Sept 20	Away vs. Kettle Moraine*	6:30 pm	3:00 pm
Sept 27	Catholic Memorial* (Parent Night)**	6:30 pm	
Oct 1	D.C. Everest (Homecoming)	12:00 pm	
Oct 4	Away vs. Mukwonago**	6:30 pm	3:00 pm
Oct 6	Away vs. Homestead High School	7:00 pm	2:30 pm
Oct 7	Oak Creek (Faculty Night)	7:00 pm	
Oct 11	Muskego (Senior Night)***	6:30 pm	
Oct 18	WIAA Regionals	TBD	
Oct 20	WIAA Regionals	TBD	
Oct 22	WIAA Regional Final	TBD	
Oct 27	WIAA Sectional	TBD	
Oct 29	WIAA Sectional @ Waukesha North	TBD	
Nov 4-5	WIAA State Tournament @ Uihlein Soccer Park	TBD	

NOTE: Bus & tournament times are subject to change, players should always confirm with their coach!

Bold = home games

* = Classic * conference Games

**= Parents Night

***= Senior Night

WAUKESHA WEST WOLVERINES

2016 J.V. SOCCER SCHEDULE

DATE:	OPPONENTS:	TIMES: Game /	Bus departs
Aug 20	WISCONSIN HIGH SCHOOL FRIENDLIES @Racine SCORe Complex (see attached schedule)	10 am, 12 pm, 2pm Bus returns approx. 4:30 pm	7:45 am
Aug 24	Away vs. Hamilton	5:00 pm	3:00 pm
Aug 26	SUN PRAIRIE QUAD @ Sun Prairie High School	4pm, 6pm TBD	1:30 pm
Aug 27	SUN PRAIRIE QUAD @ Sun prairie High School	10am, 12pm TBD	7:30 am
Aug 30	Away vs. Waukesha South*	4:30 pm	no bus
Sept 6	Waukesha North* (Youth Campers Night)	4:30 pm	
Sept 13	Arrowhead* (Super Fan Night)	4:30 pm	
Sept 16	Away vs. Brookfield East	5:00 pm	3:00 pm
Sept 20	Away vs. Kettle Moraine*	4:30 pm	3:00 pm
Sept 27	Catholic Memorial* (Parent Night)**	4:30 pm	
Oct 1	D.C. Everest (Homecoming)	10:00 am	
Oct 4	Away vs. Mukwonago*	4:30 pm	3:00 pm
Oct 6	Away vs. Homestead High School	5:00 pm	2:30 pm
Oct 7	Oak Creek (Faculty Night)		5:00 pm
Oct 11	Muskego * (Senior Night)***	4:30 pm	

NOTE: Bus & tournament times are subject to change, players should always confirm with their coach!

Bold = home games

* = Classic * conference Games

**= Parents Night

***= Senior Night

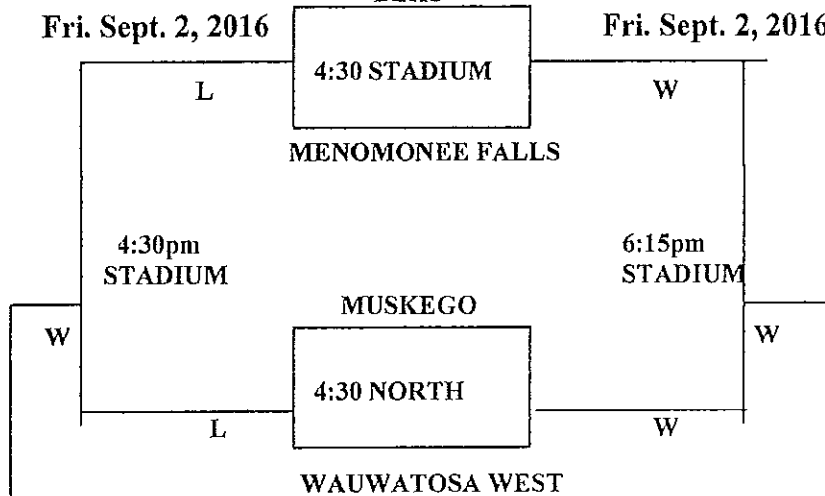
September 1, 2, & 3 2016
2015 AL GUSHO TOURNAMENT
 CONSOLATION BRACKET CHAMPIONSHIP BRACKET

September 1, 2016

BEHS

Fri. Sept. 2, 2016

Fri. Sept. 2, 2016



Saturday, Sept. 3, 2016

Saturday, Sept. 3 2016

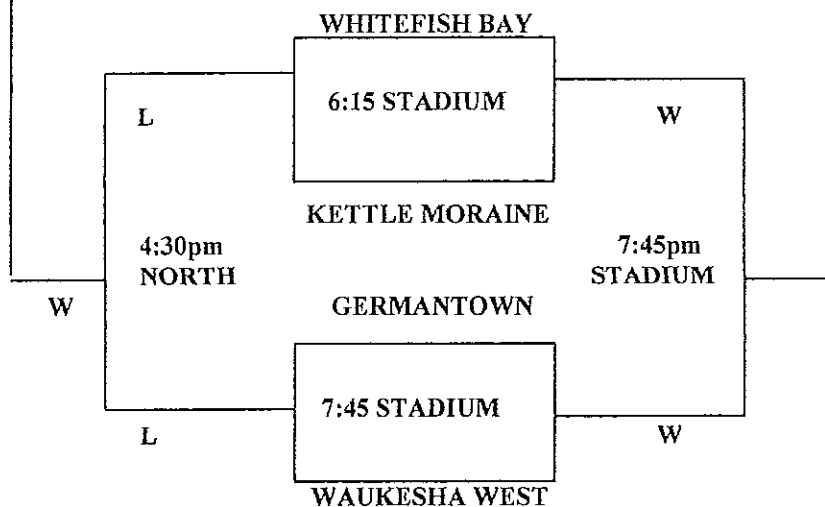
10:00
STADIUM
7TH PLACE GAME:
10:00
PLAY ON NORTH
FIELD

Noon
STADIUM
3RD PLACE GAME:
Noon
PLAY ON NORTH
FIELD

Noon
STADIUM

CONSOLATION
CHAMP

TOURNAMENT
CHAMP



HIGH SCHOOL ADDRESSES:

Arrowhead High School

700 North Ave, Hartland, WI 53029

Beaver Dam High School Invite

705 McKinley Street, Beaver Dam, WI 53916

Brookfield East High School

3305 North Lilly Road, Brookfield, WI 5300

Catholic Memorial High School

(Games played @ Waukesha South HS Field)

Hamilton High School

W220N6151 Town Line Road, Sussex, WI 53089

Homestead High School

5000 West Mequon Road, Mequon, WI 53092

Kettle Moraine High School

349 N Oak Crest Drive, Wales, WI 53183

Mukwonago High School

605 W School Road, Mukwonago, WI 53149

Muskego High School

W183S8750 Racine Avenue, Muskego, WI 53150

Nicolet High School

6701 N Jean Nicolet Road, Glendale, WI 53217

The Prairie School

Games at SCORE Complex - 9509 Dunkelow Road, Franksville, WI 53126

Sun Prairie High School

888 Grove St, Sun Prairie, WI 53590

Waukesha North High School

2222 Michigan Avenue, Waukesha, WI 53188

Waukesha South High School

401 E Roberta Avenue, Waukesha, WI 53186

Wisconsin High School Friendlies

SCORE - Soccer Complex of Racine, 9509 Dunkelow Road, Franksville, WI 53126

WAUKESHA WEST PLAYER GUIDELINES

This booklet of Soccer Guidelines is a series of rules and regulations plus information governing such matter as team play, personal conduct, practice times, attitudes, and team schedules. It can answer a lot of questions for you. READ AND USE IT!

SOCCER PROGRAM

The program at Waukesha West High School is comprised of a 3-team system:

1. Varsity
2. Junior Varsity
3. Junior Varsity 2

1. Varsity: Any player (Freshman, Sophomore, Junior and Senior) who has shown they have the talent to compete at that level. The best play here. Maximum of 22 regular game schedule and post season.

2. Junior Varsity (JV): Basically juniors who are Varsity reserves, also all sophomores not brought up to the Varsity or any talented freshmen in the particular year. Maximum 22 game schedule.

3. Junior Varsity 2 (JV2): All Freshmen except those rare talented enough to play with the JV or Varsity Squads. Maximum 17 game schedule.

BEING A TEAM PLAYER

In recent years, an anti-conformity movement has spread into high school athletics at a rapid pace. Everyone wants to "be his own man" so to speak. However, any GOOD TEAM needs a great deal of conformity and "working together" from its players. Our people are, have been, and always will be a team! We don't want or will we tolerate those "individuals" who place their own glory above that of the team. Together we WIN and divided we LOSE.

A. PRACTICES

1. You will be supplied with a schedule of all practices times for the year. Many of our practices will begin immediately after school. You will have 15 minutes to dress and be on the field. Unexcused latecomer will be penalized in some way. If you must be taped or wrapped, you must hustle even more to get on the field early.

2. Practices begin and end according to the posted schedule. Get dressed quickly and without horsing around, if we get started on time – we get done on time. You may be asked to stay later to work on individual skills.

3. A certain amount of interchange with coaches on the field is allowed if it is of a positive nature. Iron out any personal disagreements with a particular coach in a private meeting. Don't do it on the field.
4. PROFANITY at practice WILL NOT be tolerated. FIGHTING with another team member in practice should be avoided. If it happens, these disagreement should always be left on the practice fields at the end of the day. Coaches will meet with involved players afterwards to find out the root of the problems.
5. After practice pick up your equipment! DO NOT leave garbage on the fields.
6. Times for practice on non-school days means on the field at that time – BE EARLY!
7. Each player has to bring his OWN SOCCER BALL TO PRACTICE.
8. **FRESHMAN PLAYERS HAVE TO GET THE WATER BEFORE PRACTICE.** If they have a game, then the JV players are responsible for the water!

***A violation of any of the above can result in a reduction of playing time.

B. ATTENDANCE AT PRACTICES AND GAMES

1. Attendance of all players at all practices is required. The coaching staff will not tolerate skipped practices. If you cannot attend a practice, notify the coach in person in advance. DO NOT "send word with another team member!" The only EXCUSE for missing a practice unless notified in advance is that you are receiving special help academically. Missed practices will result in a reduction of playing time.
2. If you are ill during the week (especially a sore throat) get to a doctor right away, don't let it develop into something more serious. If you are ill the day of ...or the day before a game- call or text me. Stay home for a few extra bed hours. Come to school later if able.
3. You should be in school half of the day to play a game that night – School trips are exceptions.
4. Never miss school or practice unless absolutely necessary. You miss things that are done and said by coaches and other players that can never be made up. If nothing else, just sit and watch practice.

C. GENERAL TRAINING RULES ECT.

1. SMOKING - Absolutely prohibited during the entire year by our Athletic Code.
2. DRINKING - Alcoholic beverages also prohibited – same procedures as for smoking.
3. DRUGS – Also prohibited – Athletic Code decides penalty (and local authorities)
(CHECK YOUR ATHLETIC CODE OF CONDUCT FOR FURTHER INFO)

The above 3 are the most damaging things you can do to your physical condition. You are not an athlete for just a few months. Violators meet with Athletic Director and punishment is enforced according to code rules.

4. GUILT BY ASSOCIATION: As an athlete you have a responsibility to yourself, you team, your school, and your community to represent them in the best way possible. Attending “get togethers” or parties where alcoholic beverages and /or drugs are being consumed is not the proper way to meet this responsibility. In order to avoid the problems and rumors involved in the “I was there but I didn’t drink” situation, it shall be considered a VIOLATION OF THE TEAM RULES FOR A TEAM MEMBER TO EVEN ATTEND A PARTY WHERE ANY OF THE BEFORE-MENTIONED ACTIVITIES ARE TAKING PLACE. As an athlete you do not belong in these situations. (The Head Coach will handle the solution as he sees fit.)

5. COACHES LATITUDE IN HANDLING TEAM PROBLEMS: All the training rules in the world won’t cover all situations. Also some situations merit different consideration than others. THEREFORE IF YOU DO ANYTHING THAT THE COACH FEELS IS DETRIMENTAL TO THE WELFARE OF THE TEAM, HE WILL HANDLE IT AS HE SEES FIT. This means that the team penalty might be ever more severe than the Athletic Department policies.

6. SUSPENSIONS: Suspensions may be handed out as the coach sees fit for definite or indefinite periods of time for an activity considered to be detrimental to the team or any breaking of team rules. During the time of suspension the players must still practice with the team but will not suit up for any games.

7. ELIGIBILITY: In order to play you must be scholastically eligible and to reach this status you must be doing your classwork. TEACHERS DETERMINE ELIGIBILITY COACHES DO NOT!

If you think you might be in danger of failing a class, LET ME KNOW and I will talk to that teacher and see what the problem is. Perhaps I can communicate better that you can. However, our system demands intelligent players – you don’t have to be

getting all A's , but at least get the grades you are capable of getting. A CHAMPION ON THE FIELD IS USUALLY A CHAMPION IN THE CLASSROOM.

8. DIET:

a. Try to eat balanced meals at home -good breakfasts especially - and supplement your diet with vitamins if possible, or other sources (fruits, juices, etc.) This is very important in avoiding sickness.

b. Some players like to bring a sandwich or some other food to eat shortly before practice. Some days it has been a long time since you ate lunch.

c. Day of Games: use common sense in what you eat at all times - be most particular on game days. If you must eat an evening meal before you play, EAT EARLY - as soon as you get home from school and then don't eat again until after the game. IT TAKES ABOUT 4 HOURS TO COMPLETELY DIGEST MEALS, so eat early. IDEALLY - the last meal should be at noon or earlier and should contain a heavy concentration of CARBOHYDRATES (STARCHES). IF YOU HAVE QUESTIONS SEE THE COACH.

D. PLAYER CONDUCT:

1. Conduct in the hall, classes and at school events should always be a step above the ordinary. Misconduct by team members tends to severely hurt team moral. I DO NOT want to hear about conduct problems in class involving players from any teachers. WE HAVE NO TIME FOR THAT. If you want to be a problem in class, you don't belong on the team. If we hear about it, disciplinary action will be taken.

2. OUT OF SCHOOL your actions determine to a great extent what people think of our team and the overall athletic program - we need strong and positive community support.

a. Pick your company and social areas wisely - avoid the "bad crowd" and the "bad hang-out". Stories get started by jealous people and are nearly impossible to disprove, if you were with violators or at a party. Just stay out of these situations.

b. NEVER talk with writers or any other media unless it is cleared first.

E. TEAM SPIRIT AND MORALE:

1. WINNING AND LOSING: Winning is the name of the game in Varsity athletics, it is what you must be striving for each time you take the field. SIMPLY DO NOT ACCEPT LOSING SINCE THERE IS A MUCH BETTER WAY. Unless you devote yourself to it you are cheating yourself and your teammates who do. Learning to accept losing is a dangerous trait not only here but in other walks of life as well. Winning must be

within the guidelines of sportsmanship and intense competition and the desire must be there. Winning is also more than just saying you want to win. It takes a GENUINE POSITIVE ATTITUDE to consistently be a winner along with the following:

1. Be in CONDITION to play (mentally and physically)
2. Execute FUNDAMENTALS well and quickly
3. Play as a UNIT

There may be times no matter what you do, that winning may not be possible in some cases. DON'T BE A GOOD LOSER – BUT A GRACIOUS ONE. Don't let extreme emotions show what you might be feeling inside.

1. Give the other team credit.

2. In order to keep team spirit and morale high, we regard the team as a "unit" pulling together for one common goal. It's "WE" vs. "THEM" – NOT "ME" vs. "YOU".

3. Open jealousy and rivalry between team members does nothing but injure our chances for a successful season. We need players who want to play and who are competitive in trying to win positions, but once the course of the team is set, you must accept your role. Competition for positions is an excellent characteristic of good teams, but let that competition end on the field at practice.

4. PLAYER DIGNITY: A player's dignity is a very important personal possession. He cannot play well without it. Be sure you don't destroy your own by foolish actions on and off the field. Be sure that you allow your coaches their dignity too.

5. PRAISE AND CRITICISM: When you have done something wrong – expect to be told about it but never take it personally. When you do something outstanding on the field you should also be complimented – this is our philosophy. If you earn and deserve compliments you will get them; if you do not, you will receive your according criticism. Never worry about personal criticism. Your coach's job is to make you a better player for yourself and for the team.

6. REMEMBER THAT WHEN ANY COACH ON THE STAFF TELLS YOU TO DO SOMETHING, IT IS JUST AS IF THE COACH OF YOUR PARTICULAR TEAM HAD SPOKEN THOSE WORDS.

7. During games, strong support from players on the bench help greatly. Everyone whether you're in the game or not, has a part in the team's success.

8. NEVER, NEVER, NEVER criticize another player's individual performance, or the coaching staff, in public, in school, or at home, since this type of thing most surely will breed discontent and unsure feelings among the rest of the team.

BE HUMBLE but BE CONFIDENT

Parent Expectations

Being a parent is exciting, difficult, rewarding, complex...the list goes on and on. Parenting a high school student-athlete only multiplies the emotions, triumphs, and challenges that every family experiences along the way. Below you will find a set of parent expectations adapted from the book InsideOut Coaching: How Sports Can Transform Lives by Joe Ehrmann. Our hope is to create a culture and community of parents that strive to live within these expectations while encouraging other adults to join them as well.

- ❖ Understand and endorse the purpose of our programs: *to help students become men and women of empathy and integrity who will lead, be responsible, and change the world for good.*
- ❖ Support the coaches by applauding behavior in your child and his/her teammates that demonstrates characteristics of integrity, empathy, sacrifice, and responsibility.
- ❖ Acknowledge and appreciate players' growth toward maturity and their effort toward establishing stronger relationships with teammates, coaches, and themselves.
- ❖ Affirm your son/daughter and his/her teammates when good character, healthy sportsmanship, and other-centered behavior are displayed. Do not affirm only his/her athletic performance or a victory.
- ❖ Serve as role models for our players, talking politely and acting courteously toward coaches, officials, other parents, visiting team parents, and spectators at practices, games, and meetings.
- ❖ Model good sportsmanship. Acknowledge and applaud the efforts of team members and opponents. Accept defeat graciously by congratulating the members of the opposing team on a game well played. Support the team regardless of how much or how little your son/daughter plays or what the win-loss record is.
- ❖ Encourage your child and his teammates with positive statements, even when they make mistakes. At every practice they are growing physically and emotionally. At every practice they are learning moral and ethical lessons. At every practice they are developing character.
- ❖ Refrain from boasting about your child's accomplishments.
- ❖ When problems or questions arise, please have your son/daughter present the problem to his/her coach. We want players to develop self-advocacy. After meeting with his/her coach, if the issue requires more clarity, request an in-person meeting with the coach.
- ❖ Because I am a parent/guardian with the power and platform to make a positive difference in the life of every player, I commit to this set of expectations. When failing to live up to these standards, I will allow for accountability and take responsibility for my actions.

Waukesha School District Spectator Code

The audience is an important part of our athletic programs. Support from the audience can be a source of significant encouragement for the athletes. It is critical that our fans exhibit high standards of sportsmanship and citizenship. Negative behaviors, which are disrespectful to referees, coaches, athletes, fans, students, parents, or school staff, are inappropriate. Those who engage in such behaviors or who are in violation of school policies or local ordinances will be subject to removal from the athletic event, possible future athletic events, and subject to referral to appropriate authorities.

The Waukesha School District believes that good sportsmanship is essential to a successful extra-curricular program. The elements of fairness, courteous behavior, and gracious acceptance of winning and losing, in both individual performance and team contests, must be incorporated into our programs.

With these objectives in mind, the Waukesha School District strongly supports the following fundamentals of sportsmanship:

1. Respect is to be shown to opponents at all times. The opponent should be treated as a guest who is greeted cordially on arriving, given the best accommodations, and accorded the tolerance, honesty and generosity that all human beings deserve.
2. Officials are to be accorded respect at all times. Officials should be recognized as impartial decision makers who are trained to do their job and who can be expected to do it to the best of their ability. Good sportsmanship implies the willingness to accept and abide by the decisions of the officials.
3. Coaches are to be accorded respect at all times. Spectators shall respect all decisions made by coaches.
4. Spectator language should be such that it will reflect favorably on the school and the students.
5. The rules of the contest are to be known, understood, and appreciated.
6. Self-control must always be maintained. A proper perspective must be maintained if the potential educational values of athletic competition are to be realized.
7. All spectators shall behave in a manner that respects others, regardless of gender, race, ethnicity, and place of origin, nationality, physical or mental disability.
8. All spectators are to refrain from using tobacco/alcohol on school property.

I understand all of the rules and regulations of the Waukesha School District Spectator Code. I furthermore agree to cooperate with the schools in enforcing the code for the betterment of all concerned.