



Why we do what we do, Our Philosophy, Core Values, Coaching Philosophy, Team Rules, App Soccer Standards, Social Habits, Academics and Pledge

EDUCATE, COMPETE FOR CHAMPIONSHIPS AND BUILD COMMUNITY

2017 Player's Manual





EDUCATE, COMPETE FOR CHAMPIONSHIPS AND BUILD COMMUNITY

THE MISSION STATEMENT OF APP STATE ATHLETICS

Revised and Approved: May 2016

Our Mission:

- In support of the Educational Mission of the University
- We protect and promote the safety, health, and well-being of each and every one of our Student-Athletes
- We guide and support our Student-Athletes in their quest for excellence – academically, athletically, and socially
- We gather and engage our University Community to become a part of our plans





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I. Why We Do What We Do?

- The combination of Academics and Soccer exposes and challenges you to develop life skills for the future.
- So YOU can achieve your personal goals.
- To WIN a Sun Belt Championship.
- Our Immediate Goals: Winning Record Overall, Top 2 SBC Finish Regular Season, Play for a Championship

II. Our Philosophy

- “Winning People Make Winning Players, Winning Players Make Winning Teams.”
 .BE A WINNER! Mentality, Character, Lifestyle
 A Winner is someone that you can count on ALL the time.
 Traits of a WINNER are how we execute the team Core Values.





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App State Men's Soccer Core Values

The daily execution of the program's core values with **PRIDE** -- ***P**assion, **R**espect, **I**ntegrity, **D**iscipline, **E**xcellence* will guide this program as each family member strives to be the best student-athlete possible leaving a positive legacy. These are TRAITS of a WINNER.

PASSION

- We Try to Win Everything
- We compete mentally, physically, and in the classroom
- We don't seek shortcuts; we seek solutions
- We compete to make the team and ourselves better
- We want to prove ourselves daily

- We Want to Enjoy Our Experience
- We enjoy competing to win
- We enjoy contributing to our team
- We enjoy feeling proud of ourselves and the way we act





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RESPECT

We Value Our Educational Opportunity at App State

We go to class to LEARN

We keep an open mind on all subject matters

We value resources at App State including teammates, professors, support staff, study hall & tutors

We Recognize and Respect Those Who Came Before and After Us

We strive to leave a legacy and value those who have already left theirs

We are aware that playing at App State is a privilege

We strive to contribute in different ways





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INTEGRITY

The Team Comes First

We know our decisions affect the team

We will always stay humble

We will make the most of our individual roles to better the team

We don't feel sorry for ourselves if we don't play as much as we like and will always support the team and the mission

We are Grateful

We recognize that numerous people invest into our well-being

We are thankful for the material goods given to us to make our lives better

We are optimistic and positive; we influence others to be as well





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DISCIPLINE

We are Disciplined

We understand our role and stay committed to that role

We understand our actions impact others

We know that preparation is the key to consistent discipline

We Embrace the App State Soccer Lifestyle

We believe our bodies and minds are the vehicles to our success and don't abuse them with indulgent behaviors such as alcohol or drug use

We believe education and discipline can improve our abilities as players

We don't buy into myths or quick fixes, rather educate ourselves on what will make us better individuals and better as a team





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EXCELLENCE

We Show No Weakness

We view adversity as a competitive challenge

We take responsibility and we don't place blame

We play without fear of failure

We recognize, accept, and minimize our own and each other's weaknesses

We are Family

We embrace positive humility and the App State Way

We support & trust each other on and off the field

We value each member of the team regardless of playing time, position, year, or any other potentially dividing status





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Staff's Coaching Philosophy

7 C's To Build A Championship Program

Coaching – Daily teaching on and off the field.

Character – Must have to develop and maintain a CHAMPIONSHIP culture.

Communication – Key component for any successful organization. “Open door policy”

Commitment – Have to have “Buy In” from staff and players. Committed To The Journey!

Contagious Energy – It is infectious and nothing great is every accomplished without it.

Caring – Players must know you care about them and will help them achieve their goals.

Consistency – Paramount in any successful organization.





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III. Team Rule

Make Decisions On and Off The Field That Will Benefit You, The Program and the University.

IV. App State Soccer Standards

The Development of Positive Training, Game and Lifestyle Habits.

Training Habits:

Player-Coach Interaction, coaches are here to help you develop as a person and player. Trainers, Managers, Strength Coaches and Support Staff are extension of coaching staff. Captains are extension of coaching staff, they are to be respected and communicated to.

Timeliness:

You can be EARLY, but you cannot be LATE!
Be on time and BE READY TO GO (PREPARED) in everything we do. (Rule of Thumb 15 Min.)

Training:

When arriving acknowledge & greet staff, teammates and any "guests".
When you arrive LEAVE "excess baggage" outside the gate. If you need/want to reclaim it upon your departure you are free to do so.
Move quickly from one thing to the next. NO TIME TO WASTE!
Listen and Be open minded to all coaching, save your thoughts for the appropriate time and place.
Wear ONLY App State Issued Training gear. NIKE ONLY AND ALWAYS!





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IV. App State Soccer Standards

The Development of Positive Training, Game and Lifestyle Habits.

Game Standards:

Wear ONLY App State Issued GAME gear. NIKE ONLY AND ALWAYS!

Proper pre-game warm up decorum – Starter or reserve have a level of focus.

Proper Bench decorum; Supportive and Attentive. Negativity WILL NOT BE TOLERATED!!

"You will never know when your opportunity comes if your worried about the wrong things and unprepared"

Proper substitution warm-up. (prepare, urgency, assignments)

Always demonstrate sportsmanship (pregame, during and post) Discipline & Humility!

Never add fuel to future fires – disrespectful goal celebration, post game comments/actions, language (cursing is a yellow card offense! Card accumulation 5 miss next game, next 3 miss another).

Acknowledge and applaud the fans together prior to cooling down.

Post game cool downs to speed recovery process up (Hydration, rhythmic activity, static stretching)

Post game shakes/chocolate milk and food as soon as possible.

Remain with the team until released by coaches.





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IV. App State Soccer Standards

The Development of Positive Training, Game and Lifestyle Habits.

Social Habits: Positive Lifestyle

App State soccer program is something special. REMEMBER it is a privilege to be a part of, not your right. YOU are the most important ingredient in our program. YOU represent the university, your family, the team and the coaches. Be an AMBASSADOR for the App State Men's Soccer Program and the sport of soccer for the youth. YOU ARE A ROLE MODEL!!!!

The Honor System

Do NOT LIE, Do NOT CHEAT, Do NOT STEAL and Do NOT Tolerate anyone that does. You have agreed to live by the App State Honor Code. That means you agreed not to deceive any member of the community, not to steal from one another, not to cheat, not to plagiarize academic work and not to engage in any forms of academic misconduct.

It means that we can TRUST each other and that we willingly ACCEPT RESPONSIBILITY for our own conduct and activities.





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IV. App State Soccer Standards

The Development of Positive Training, Game and Lifestyle Habits.
"ZERO TOLERANCE" For Alcohol, Drugs and Hazing

Alcohol:

21 years old is legal drinking age

It is ILLEGAL to purchase alcohol for minors

It is ILLEGAL to use a fake identification

NO PUBLIC INTOXICATION

2 Strike Policy: 1st strike, suspension and potential loss of athletic aid

2nd strike, dismissal from the team and loss of athletic aid

Drugs:

NOT TOLERATED PERIOD

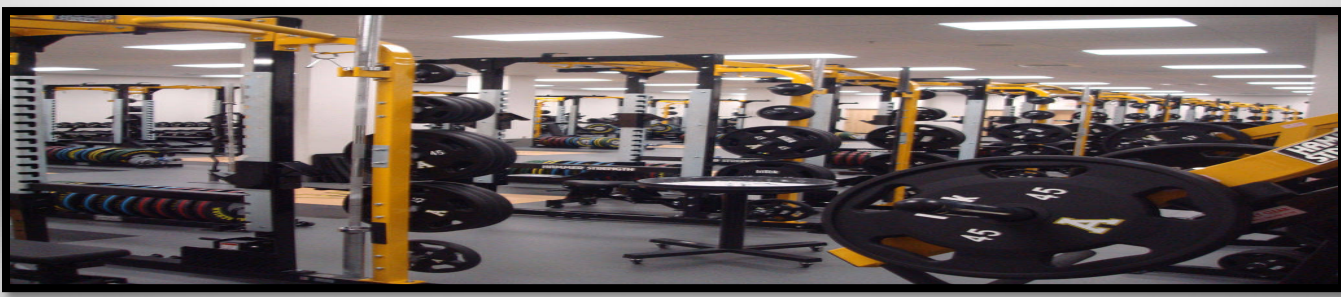
1st strike policy, suspension from team, loss of athletic aid, rehabilitation

Hazing:

"Any planned/created situation that is demeaning to an individual or group; produces mental, emotional or physical duress or which threatens or endangers the health, safety and well being of any person or persons." Hazing policies in the Student-Athlete Handbook (pgs. 41-43), at the following link -

http://www.appstatesports.com/pdf9/3718106.pdf?DB_OEM_ID=21500





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Academic Goals

Embrace your educational opportunity

To earn your degree within 4 years

Attend ALL classes – Go To Class To Be Educated

Achieve a 3.2 GPA as a team by pulling your weight by utilizing all the resources which are in place to ensure your academic success.

Academic Services:

Establish relationship with Cliff Poole, Kayla Hill & Stacy Sears in Learning Assistance Program (LAP)

Meet weekly to manage your time and stay ahead.

Attend mandatory amount of study hall hours EVERY WEEK!!

Utilize writing center and tutors

Organize your schedule (Fall & Spring) so that you can be at all training/weight/fitness sessions

Communicate effectively and regularly with LAP staff, your professors and advisors.





APP STATE MEN'S SOCCER

2017 SCHEDULE

HOME MATCHES IN GOLD



8.13
7 P.M.



9.9
7 P.M.



10.10
7 P.M.

BLACK &
GOLD MATCH

8.16
7 P.M.



9.12
7 P.M.



10.14
7 P.M.



8.19
7 P.M.



9.16
7 P.M.



10.17
7 P.M.



8.25
7 P.M.



9.23
7 P.M.



10.21
7 P.M.



8.27
7 P.M.



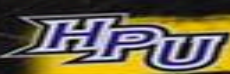
9.26
7 P.M.



10.24
7 P.M.



9.1
5 P.M.



9.30
7 P.M.



10.28
1 P.M.



9.3
1 P.M.



10.7
7 P.M.



11.4
7 P.M.



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Any infraction (problems) should be brought to the immediate attention of the coaching staff NO MATTER WHAT TIME OF DAY OR NIGHT. We can only help you if we know FIRST. You will have our unconditional support for your well being at all times.

ALL individual infractions carry a consequence to the individual and in some cases the team. Infractions will range from individual fitness, to loss of participation in training or games, loss of athletic aid and or permanent dismissal from the team.

I _____ understand that being a member of the App State University Men's Soccer program is a privilege and not a right. To enjoy these privileges of athletic participation with App State Men's Soccer team, I will adhere to all App State University, Sun Belt and NCAA rules and regulations.

I understand that these rules have been set so the program and I will have the opportunity to be successful. I am committed to following these rules and dedicating myself to helping the team reach all its goals.

Print Name and Date



Signature and Date




2017 App State Men's Soccer Competitive Goals




Winning Season
 Unbeaten at HOME
 Winning Sun Belt Record
 Top 2 Sun Belt Finish
 Play for a Championship on Sunday




Passion  Respect
 Integrity  Discipline Excellence

We Recognize & Respect Those That Came Before and After
 Team Comes First  We Want to Win Everything

We are Grateful  We Show No Weakness

We Value Our Educational Opportunity  We Are Family

We Are Disciplined  We Embrace The App State Lifestyle





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We Are Family.....



App State Soccer





Questions??

Thoughts....Discussion

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