

Red Wing High School

Boys Soccer



Team Handbook

Head Varsity Coach:

Nate Weess

507-458-0218

njweess@rwps.org

Assistant Coach:

Bill Redman

651-301-9258

wcredman@rwps.org

Program Goals: To become one of the most successful soccer teams in the Big 9 and Section 1A. To have a team full of respectful young adults who challenge each other to strive for improvement and represent their school well.

Eligibility: All athletes are expected to follow the rules already set forth by the MSHSL. If a student is failing more than one class they will not be able to play in games. The student will be able to practice during the “grade recovery” time. A purple slip is used to determine eligibility. The coach or athletic office will inform athletes if they need to fill out purple form and work towards being in good standing.

Team Expectations:

Attendance

- 100% attendance is the expectation
- Tardiness is unacceptable and negative consequences will be set by the captains
- A PLAYER is REQUIRED to directly call or talk to Coach Weess or Coach Redman to be excused from practice or a game
- The athlete needs to communicate any logistical problems to the coaches, as soon as possible so we can plan accordingly (at least 24 hours before the absence is the expectation)
- Plan on being early to the times posted on the team schedule

Effort

- Each athlete is expected to give full effort and attention to the team while with the team at any team event
- Each athlete will do their best to encourage other teammates to do theirs as well

Manners

- Each athlete is expected to be polite and respectful to all coaches, teammates, officials, opponents, facility staff, parents and fans
- Negative attitudes and behaviors towards yourself and others will not be tolerated
- No cell phone use in the locker room or playing field
- Limit cell phone use to logistics on the bus
- When you are with the team, BE WITH THE TEAM. Not on your phone.

Equipment

- All athletes are expected to have properly fitted and safe shin guards and soccer shoes
- Each athlete is expected to have at least one pair of white and one pair of purple game socks
 - Coach Weess has them for sale at \$10 a pair
- Game Jerseys and shorts will provided to all athletes
- Each athlete is expected to show up to practice with shin guards, soccer cleats and practice jersey/shirt on at the beginning of practice

- Each player is expected to bring more than the adequate amount of water/sports drink to consume at practice and games
- Please keep your personal belongings in order when it is around the team bench, managers will not be dealing with any personal property
- **THERE WILL BE NO CLEATS WORN IN THE BUILDING**

Problem Solving

- If there is a concern with playing time or positioning the athlete needs to discuss options with the coach on how to fix the problem
- If a player and/or parent would like to address a concern or a complaint with the coaching staff the following actions must take place:
 - You must wait 24 hours after the competition or incident has occurred to voice your complaint
 - After that time period the athlete may call to setup a meeting in person to address the concern, no complaint emails will be accepted
 - The athlete must be present in the meeting

Transportation

- All loading and departure times are listed on the team schedule, please plan accordingly to be early for those time slots
- All athletes are expected to ride the bus to and from games
- If the athlete choses to ride home with their parent a release form must be signed by the parent and given to their respective coach before they depart the event

Lettering Policy

In order to letter an athlete needs to be in good academic standing and achieve all of the following:

- Make the section playoff roster (max of 22 players)
- Dress/Attend for most games of the season
- Have a Cumulative GPA of 2.5 or better

Health/Nutrition

The expectation is that each athlete is doing their best to:

- Complete the concussion baseline in the athletic training room
- Maintain a healthy diet that promotes playing the game of soccer at a high level
- Get enough rest to help them perform at the highest level possible
- Follow the weight training routine set forth for the team to prevent injuries
- Report any injury to coaching staff as soon as possible so that rehab can take place asap
- Not engage in any illegal chemicals, drugs or alcohol that would put their health in danger

RWHS Boys Soccer Actions and Consequences

These are a sample of common actions that the captains want to focus on to correct. Other actions that are not listed will be discussed by captains/coaches on how to carry out.

- **Action:** Player does not contact a coach for missing practice or a game.
- **Consequence:** Misses first half of the next match.
- **Carried out by:** Coaches and captains

- **Action:** A player is late to practice without contacting a coach.
- **Consequence:** The player will not be able to start the next match he participates in.
- **Carried out by:** Coaches, Reminded by Captains

- **Action:** Player is not at practice the day before a game(excused or unexcused)
- **Consequence:** Miss first half of next game they participate in.
- **Carried out by:** Coach

- **Action:** A player swears.
- **Consequence:** Team has 25 pushups
- **Carried out by:** Captains, Pushups led by the defendant

- **Action:** A player leaves a personal item behind.
- **Consequence:** 1 killer for every personal item left behind (4th gear down and back, width of the field)
- **Carried out by:** Coach

- **Action:** Standing on the bus
- **Consequence:** Team has 25 pushups at next bus stop
- **Carried out by:** Captains, Pushups led by the defendant

- **Action:** A player is disrespectful to teammates, coaches, opponents, refs, fans.
- **Consequence:** Team does full killer (4th gear), Cannot start the next match
- **Carried out by:** Coaches and Captains, Players

- **Action:** A player misses half of a practice (unexcused).
- **Consequence:** The player will miss the corresponding half of the next match.
- **Carried out by:** Coach, Reminded by Captains