



CONWAY LADY CATS

HANDBOOK 2019-2020

“TOGETHER”

ACCOUNTABILITY | FOCUS | INTEGRITY | GRIT

Coach Contact Information

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The following handbook has been written to help clarify the expectations of our soccer program. The intent is not to minimize communication, but rather to help us all be on the same page as we move forward into a great year. Please remember that athletic participation is considered a privilege, and the expectation will be higher than those for non-athletes. In addition to this handbook the student-athletes will follow all the rules in the CHS student handbook and Conway Athletic handbook

COACH DESTEFANO'S PHILOSOPHY OF COACHING SOCCER

I Believe soccer benefits a person in more ways than just playing the sport. Through sports we learn valuable skills including:

- Communication
- Accountability
- Responsibility
- Team Work
- Time Management
- Goal Setting
- How to deal with failure
- How to win with grace

I Believe that the most important thing our coaches do is have a chance to positively impact the lives of young athletes. Through teaching the game we love, the skills mentioned above are the most important things we teach.

I Believe in my responsibility to stand up for our program and its values on which it is built:

- by clearly stating in my words and actions “Who We Are,” and
- by marking the boundaries of what is acceptable and what promotes and does not foster that identity.

I Believe in teaching the game of soccer by focusing on fundamentals, repetition and execution.

I Believe in a “attacking” system of play.

I Believe in playing the game

- aggressively and giving 100%
- smartly and competitively
- putting the team first

I Believe in organization, preparation, evaluation and the never-ending pursuit of being at our best in everything we do.

I Believe that striving to be a championship level program means that we must have the complete support of our school community, our civic community and our parents.

LADY CAT SOCCER CULTURE

| CORE VALUE | BEHAVIORS | RESULTS |
|---|--|--|
| <p>ACCOUNTABILITY: Accepting responsibility for our own and our teammates actions.</p> <p><i>Do the right thing, for the right reason, ALL the time.</i></p> | <ol style="list-style-type: none"> 1. Early is on time and on time is late 2. Full commitment to whatever task is ahead of us. 3. 100% buy in of the goal 4. Remember our gear for games 5. Do everything with a purpose | <p>Good habits Build trust and reliability STATE More effective training sessions Better relationships</p> |
| <p>FOCUS: 100% attention to the task</p> <p><i>Do everything with purpose Little things make big things happen</i></p> | <ol style="list-style-type: none"> 1. Follow <u>O</u>ne <u>C</u>ourse <u>U</u>ntil <u>S</u>uccessful 2. High level of focus in the weight room, warm-up, and practices (how you practice is how you will play) 3. Understand WHAT we are doing, WHY we are doing it, and HOW it will help us be successful 4. Little things make big things happen - No detail too small | <p>Good habits Build trust and reliability STATE More effective training sessions Better relationships</p> |
| <p>INTEGRITY: Being honest to our core values and being undivided</p> <p><i>Mean no offense, take no offense</i></p> | <ol style="list-style-type: none"> 1. Avoid comfort and search for discomfort 2. Mean no offense take no offense but always tell the truth 3. Honest criticism in a constructive not destructive manner 4. Being a well rounded player and person | <p>Good habits Build trust and reliability STATE More effective training sessions Better relationships</p> |
| <p>GRIT: Courage, resolve, and strength of character</p> <p><i>Success = Giving your best at all times, no matter the circumstances</i></p> | <ol style="list-style-type: none"> 1. No loss or mistake defines who you are, you are more than a collection of mistakes. 2. Refuse to give up when things get hard, especially when things get hard. 3. Persevering during the hard times - Don't miss the forest for the trees 4. Embrace the suck | <p>Good habits Build trust and reliability STATE More effective training sessions Better relationships</p> |

PRACTICE:

The way a team member participates in practice will be one of the factors that determine a player's playing time in a game. Therefore we, as a team, must value every minute that we get to prepare ourselves, and develop our skills and attitude. These simple guidelines will help us:

1. Be punctual and on time. It is each player's responsibility to be on the field at the scheduled time, dressed and ready to go. Support one another in meeting this responsibility! If a player is not on the field dressed and ready to go at the scheduled start time they are tardy. There are team consequences for individual tardiness.
2. Wear required practice gear. This will be given to each player. It must be returned at the end of the season.
3. Focus and hustle through the drills! Move from one segment of the workout to another quickly. Work together as a team and for the benefit of the team. No visiting, or foolish conduct, will be permitted.
4. Accept advice! Critique of your play is offered to help you and the team improve.
5. Everyone makes mistakes; learn from them. Mistakes are stepping stones to more refined skills and to personal and team success. Making excuses leads nowhere. Accept the reality that everyone can and needs to improve.
6. Support each other. If you cannot offer a teammate a positive suggestion for improving, it is best to keep any criticism to oneself. The coach will make suggestions for ways a player and the team can improve.
7. Be fieldacious and respectful! Pay attention—make eye contact with the coach or with whoever is talking with you or the team.
8. Every player has the responsibility to participate in every practice unless missing a practice is absolutely necessary. It is the **player's** responsibility to notify the coach **before** practice if she must be absent from practice.
9. Any missed practice (excused or unexcused) will result in a player not being part of the starting line-up. Beyond that a missed practice will be dealt with on an individual basis.
10. Consequences for an ***unexcused*** absence could include: additional work at the next practice, for example, running; or, during the season, a loss in playing time. Repeated and a pattern of unexcused absence will require a parent/coach conference, and possible dismissal from the team.

GAME DAY:

Our team represents Conway. This is a privilege and honor entrusted to us. We prepare to meet that responsibility not only during practice but also throughout the school day, both when we are on campus and off campus. That attitude and behavior should be maintained throughout the game day, during class periods, the athletic period workout and continue during the ride to and from the game.

1. Be at the fieldhouse for both home and away games at the prescribed time.
2. Dress appropriately. Players will be expected to adhere to predetermined travel attire. This is not optional.
3. Traveling to and from games on the bus provides players with the opportunity to bond, and establish, and reinforce relationships and team chemistry.
4. All players will travel to the game with the team.
 1. A player may ride home with ONLY their parent. Junior Varsity players must stay for the Varsity game before leaving, unless they have worked something out with their coach PRIOR to the game.
5. Get ready to play! Focus on the team and game plan. Being separated from the team by chatting with friends and fans distracts from getting ready as a team.
6. Give 100 percent focus during the game. Every player is always “in the game.” Playing time includes field time and bench time. All players on the bench are to direct all attention to the field. Unless it is an emergency parents should not be near the bench or in the locker room before a game, at halftime or after a game.
7. Players play; coaches’ coach; and game officials officiate. Players on the field and on the bench are not to address the referees, the other team or the fans. Let the game officials call the game, and let the coach, coach!
8. A red card is a violation of a player's privilege, honor and responsibility to represent the school. There will be no red cards! Consequences for red cards will be determined by the coach. A red card will (by AHSAA rules) will result in a one game suspension. Further consequences could include an additional suspension from further games.
9. Every game has a game plan and that game plan may need to be adjusted during the game. During the game players are to look for direction and guidance from the coaches and not from fans. Players need to focus on what is happening on the field and not in the stands. Looking to the stands for advice or approval or congratulations from fans during the game could result in a player being removed from the game.
10. An absence from a game will be evaluated on an individual basis.

STUDENT-ATHLETE EXPECTATIONS:

You are an athlete and being an athlete carries a large responsibility.

1. Soccer student-athletes are held to a high standard. The expectations will/have been communicated to them. Representing Conway High School in the community, outside the community, is an honor, and each player will commit to being a good positive example of being a Wampus Cat.
2. Social Media: Social media can be a great way to promote our sport, athletes, and to spread pertinent information. Although social media accounts may be used for individuals to express themselves, soccer players are expected not to participate in any bully, hazing, demeaning or taunting of teammates, or any other person. They are also expected to represent themselves with dignity, and not to post things that degrade themselves or that could be interpreted as breaking the law.
 - a. The use of social media by a soccer student athlete that is considered to be “unbecoming of a Wampus Cat” may result in discipline, including suspension or removal from the activity, group, leadership position, or team.
 - b. Student-athletes should be aware that third parties-including the media, teaching staff, and future employers-could easily access your profiles and view all personal information. This includes all pictures, videos, comments and posters. Inappropriate material found by third parties affects perception of the student-athlete, our program, the athletic department and Conway High School. This can also be detrimental to a student-athletes’ future employment options, and recruiting and scholarship opportunities at a collegiate institution.
3. All AHSAA paperwork must be on file before the player can participate in school workouts. These include a physical on file with the Athletic Directors office and all other forms (Sports Medicine and Consent to Play)
4. Respect yourself at all times. Respect your dignity and dignity of others as a person. Show that respect by the ways you take care and avoiding any behavior that will harm your reputation, or to that of your teammates, that includes any behavior that will harm your body (drugs, alcohol, tobacco/nicotine use).
5. Respect the school's property and your personal property.
 - a. The school will issue you work out gear, uniforms and travel bags. These are the property of the school on loan to you for your use. Each player is responsible for all items issued to her. If they are lost, stolen, or damaged, a player will be responsible for this cost of replacing the item or items.
 - b. Keep all equipment clean and in designated places. Keep trash out of lockers and off the field! You will pay consequences for items left unattended or for an unkempt locker.
 - c. Equipment will be returned and checked in the first Monday after the final game of the season. Players will be responsible for all items issued to them that they do not return.
 - d. Do not borrow from other players! If you need something, ask the coach only!
6. Injuries: The safety and health of our student-athletes comes first. Any and all injuries need to be reported to the coaching staff immediately! From then on, all injuries have to be cleared through our training staff. Jacob Walton-Conner and Brooke Meins. If an athlete is deemed to have a concussion there is protocol that must be followed. If an athlete sees a doctor, for any injury, they must be released by that physician before they can begin the concussion return to play protocol. We recommend, for non-serious injuries, that our training staff be consulted first.
7. Academics: We understand the academic rigor here at Conway High School. We will do our very best to assist athletes in time-management skills. Student athletes must accept the fact that if they have a problem in class, it is THEIR problem. They need to be responsible. Study more, do more homework, listen in class more, and visit with your teacher (IN PERSON) in a respectful manor to learn what else you can do to become more successful in that class. If a student-athlete is ever struggling in a particular class, please notify the coaches so we can work with that player to ensure they have the time needed to be successful. In order to participate in games, you must pass all academic classes.

PARENT EXPECTATIONS:

GAME EXPECTATIONS:

During practices and the games the coaching staff will provide the guidance and direction needed to accomplish our game plan and adjust it as necessary as the game progresses.

Coaches and players have put in many hours in order to prepare for each game, and a game plan has been put in to place.

- Please stay positive
- Keep all criticism about players, and coaches to yourself
- Let the coaches do the coaching
- Please do not visit the bench, or the locker room unless there is an emergency
- In the event that your athlete needs something she should be communicating with the coaches
- If a player is distracted and unable to be engaged with the team or follow the coach's direction, that will impact the players ability to be on the field during games.
- If you ever think that your daughter is injured, has sustained an injury, or you are worried about a concussion, you are welcome to alert a coach and check on her. The athlete's health and safety is our top concern.

COMMUNICATION WITH COACHES:

Our program has an open door policy for our athletes. We encourage, and hope that you will also encourage your athlete, to come talk to us with anything that may arise, if she has questions, or just to learn to communicate better. The following procedures are in place to help teach responsibility, accountability, advocating for oneself and to work on communication skills. In short, if there is a concern we would like to first hear from the athlete. If your athlete has a concern or trouble initiating the conversation, please let us know and we will seek her out and then follow the procedures below:

1. Athlete and Coaches conference
2. Athlete, Parent and Coaches Conference
3. Athlete, Parent, Coaches, and athletic director conference

24 HOUR RULE

If you need to discuss specific things related to soccer you must do so 24 hours before the start of a game, or wait until 24 hours after the completion of a game. We have found that letting some time pass allows for better communication. (This is specific only to soccer related concerns)

Conway Lady Cats
Handbook
2019-2020

I have read and understand the guidelines/expectations for the 2018-2019 Lady Cat Soccer Team.

Athlete Signature: _____

Parent/Guardian Signature: _____

Parent/Guardian Signature: _____