



West Valley Boys Soccer 2023

If you honor and respect the below three team rules then we shouldn't have any distractions with regard to your participation in our soccer program.

1. You should be familiar with the student code of conduct at West Valley High School. The soccer program is governed by these policies, as well as the policies of the West Valley Athletic Department and the Washington Interscholastic Athletic Association (WIAA). This is **RESPONSIBILITY**.
2. Treat others the same way you would like to be treated. This is **RESPECT**.
3. Don't do anything that will embarrass yourself, your family, your school, or the soccer program. This is **PRIDE**.

"I firmly believe that high school athletics contribute to developing and strengthening the character of an individual. But before such development can take place, one must possess a set of values based on standards and beliefs. These attributes are demonstrated on and off the field and prior, during, and after the season has ended.

I believe that there is a right way to play soccer and a wrong way to play the game. Your behavior reflects on your teammates, the coaching staff, and your school. When this behavior is unacceptable, you are committing an injustice to the soccer program. I expect from you your best, on and off the field."

TRAININGS

The expectation is that you will attend every training. If you miss a training, you miss time in a match. The amount of time is determined by the coaching staff and nature of the absence. Either you are at training acquiring the benefit of your coach's instruction, or you are not. So that the soccer program can be organized with a minimum amount of wasted time, I believe each player should give careful attention to the following:

1. You are expected to be at the field, dressed and ready to go (shin guards, no jewelry) **10 mins before practice is to begin**.
2. Players will wear appropriate sized shin-guards, all jewelry will be removed before stepping onto the field.
3. Students are expected to be in attendance during the regular academic school day to be eligible to participate in athletic activities that day. WIAA rules state that a student who is not legally in attendance at school due to illness or injury shall not be permitted to train, scrimmage, or participate

in a contest that day. You must be in attendance for the **WHOLE** day to be eligible to practice or compete in a match.

4. Attendance is mandatory. You've made a commitment to this soccer program. Unexcused absences or absences without prior notification will result in loss of playing time and may result in the dismissal from the soccer program.

5. We will not congregate in front of the goal and shoot wild shots before training. It is the player's responsibility to find a productive way to spend their time before training begins.

THE TEAM

Soccer is a team sport and I believe that a team is only as good as the amount of effort the players and coaching staff put into each training session. At all times, I expect from you, your best effort.

Please don't pace yourself through training. I believe one learns through trial and continuous revision of their mistakes. I expect to tell you something once and see you training it a hundred times rather than tell you something a hundred times and see you training it once. I believe players establish habits and then habits establish players. Develop good habits! Each player must come to training motivated to learn and work. This is **DESIRE**.

I ask that you have confidence in yourself, your teammates, and the coaching staff. Never underestimate your ability and never quit on yourself or your team. I ask that you believe and respect the game that you play and benefit from the experience of being a team member. I ask that you believe in your coaches and perform that which is expected from you on and off the field. Our success must be a collective effort.

INJURIES AND PHYSICAL CARE

Injuries are part of the game. We are fortunate to have an athletic trainer at West Valley High School, Jeannie Martin-Turner. She has a difficult job because she must provide care for all of our athletes from all of our teams during the season. She has a protocol that we must follow. If you do not follow the rules of the trainer or you ignore the instructions given to you, then you will lose the ability to participate in trainings and matches.

Any injury incurred during the season must be given immediate attention so that you can return to the team healthy and contribute. It is your responsibility to inform your coach first and then arrange to see the trainer. It is your responsibility to have your injury diagnosed and complete the program prescribed for your rehabilitation. You must be cleared by Jeannie before you are able to return to practice or play in games. It does not matter if you went to a Doctor, you must still see her and be cleared by her. **NO EXCEPTIONS.** Neglect to accept these responsibilities reflect a poor attitude from you as a team member. You should be aware of any rules and policies that our athletic trainer has established.

PRE-MATCH AND MATCH

I expect each player to have the attitude of ***I'm going to get minutes*** for each match. Pre-match warm-up, match, bench, and post match conduct are considered to be of vital importance.

Remember:

1. That it is your responsibility to play the match. **You are not a rules interpreter and improper conduct towards an official will not be tolerated.**

2. That a purposeful, attentive, and enthusiastic pre-match warm-up be conducted. This will be led by the captains. They will be in charge of all pre-match warm-ups.
3. I expect hard competitive play during the course of a match. Soccer is a contact sport and I expect each player to use wise and proper judgment.
4. That every player who is replaced by a substitute leaves the match with the proper behavior expected of a competitive athlete. This includes any signs of emotional outbursts, such as throwing, kicking objects and or hand or face gestures.
5. That players on the bench be tuned into the match. Pay attention to the performance of the player that you might be replacing. Active participation in an acceptable way by the bench personnel is expected. All player equipment stays on until the conclusion of the match.
6. That a win be accepted with humility and a loss with dignity and purpose. Both a win and a loss can serve as a learning experience.
7. That the bench area be cleaned after each match. **All bags are to be placed in numerical order behind the bench.** We will not look sloppy and unorganized. We represent West Valley High School!!!!
8. Yellow card management will be handled by Coach Massey. Any player receiving a yellow card in a match that I deem was completely unnecessary, will lose playing time and will be subbed out of the game immediately. All red cards will be handled in accordance with WIAA standards and policies.

UNIFORMS

1. All uniforms, bags, jackets and sweats that are checked out at the beginning of the season must be returned. This is the responsibility of the student athlete.
2. All clothing will be washed and returned dry!!!! All bags will be cleaned out!!!! If this is not done, students will not be able to attend our end of season awards banquet and may be subject to school fines.
3. If any items are lost or stolen it is the responsibility of the athlete to pay to have the items replaced.

TEAM AND SCHOOL POLICIES

The success of any athletic program depends upon each individual understanding and adhering to the policies established by the Washington Interscholastic Athletic Association (WIAA), the West Valley High School Athletic Department, and the rules established by the head coach. Highlights include:

1. Proper sportsmanship exhibited by our coaches, players, parents, and supporters.
2. Open dialogue is encouraged between the student-athlete and coaching staff. Proper protocol is to talk to the coach in charge of your program with your concerns/questions. If this line of communication is not successful, then you should talk to the head coach. If you are still not satisfied, then your parents should call the head coach for clarification. If this proves unsuccessful, then the athletic director should be contacted.
3. If you are placed in ISS (In school suspension) then you are ineligible to participate in soccer that day.
4. If you receive a detention, the coaching staff should be notified prior to serving that detention.
5. If you are going to miss training on a particular day then you should notify your coach in advance. If an emergency comes up, then you can call Coach Massey at (509)388-5509 and

leave a detailed message stating the reason you will miss training or a match that day. Or you may email Coach Massey at rmassey5225@yahoo.com. I am also available via text.

However, please tell me who it is (including parents) as I may not have your number saved.

6. All varsity players are required to watch at least half of the junior varsity match and vice versa. Players are expected to watch the match and cheer for our team. This is the basis of the philosophy of the West Valley Soccer Program. We are a program! Not just a varsity team and junior varsity team.

STUDENT FIRST, ATHLETE SECOND

You attend West Valley High School to receive a secondary school education and nothing should interfere with your pursuit to achieve academic success. During the season your priorities are family, academics, then soccer. I don't believe that an individual's participation in a sport should adversely affect their grades. Time management is usually the culprit. Learning to cope with a busy schedule and organize your time can serve as a valuable lesson. Each player is expected to maintain a C- or above in each and every class. Any player on the varsity team that fails to maintain that, will be moved to the JV. That player will have the opportunity to get his grades up and rejoin the varsity. By trying out for the soccer program, you reveal to me that soccer is important to you. Consequently, I expect you to organize and discipline yourself so that the educational process and athletic pursuits do not suffer. For those of you that do have problems, I expect you to seek out the coach and/or teacher and ask for help and/or advice. This is why the coaches are there: **To Help!!!!**

TEAM SELECTION

Athletes will be placed on the team that will best challenge them technically and tactically.

1. Varsity Team: selected by the coaches with the emphasis of playing the best team of players at all times. Any interference with the team selection or playing time by a player or parent will result in a loss of playing time.
2. Junior Varsity: all students will receive playing time unless one of the above infractions is committed. If you see that your student is not playing please know that there is a reason for it and we have it documented.

PARENTAL INVOLVEMENT EXPECTATIONS

1. We ask that fans cheer from the stands or opposite side of the field during home and away matches.
1. Fans are asked to congratulate athletes only after the coach has dismissed the team.
2. Approaching a coach before or after matches to discuss anything concerning team/position selection or playing time is not tolerated.
3. Positive observations, encouragement, rides to and from team trainings/events, positive displays of sportsmanship, and further support that helps accomplish team goals if always appreciated!!!!

