

Sandwich Middle School Soccer

2019



FIRST PRACTICE

- Wednesday, August 14th, 2019 - 3:00pm-4:30pm
- Parent Meeting August 20th after practice at 4:30pm

Make sure you have:

- Soccer cleats AND tennis shoes in case we are indoors
- Physical on file or turned in (6th grade students should already have an updated physical)
- Insurance waiver
- Soccer waiver
- Sports fee must be paid (\$70)
- Concussion Form Signed
- 7th and 8th Grade: Random Drug Form Signed
- Proper practice equipment including – Shorts, T-shirt, and soccer cleats
- The rule book MUST be carefully read by both parents/guardians AND athletes

Important Dates:

- August 14th first day of practice
- No Saturday practices
- Normal season practice times 3:00pm-4:30pm every day after school
- Parent Meeting August 20th after practice at 4:30pm

Questions:

<http://sandwich430.org/schools/sms/athletics.html> AND <http://www.athletics2000.com/SandwichMS/>

Contact the middle school at 815-786-2138, Coach Hicks at 815-712-222, or email: Hicksc@sandwich430.org

SANDWICH MIDDLE SCHOOL SOCCER
TEAM POLICIES AND RULES

Forward

We set these rules in hopes to establish a foundation of citizenship and responsibility in our athletes. We want your son/daughter to be able to gain more than just soccer skill from our program. My goal as head coach is for my athletes to walk away with a strong sense of discipline, citizenship, work ethic, and other skills necessary to be successful in life. We also want them to understand what it means to be a part of a team. These athletes must understand that their decisions affect a group of people and not just themselves. These characteristics are a foundation for the decisions we make. In addition this program has been developed as a precursor to the high school soccer team.

1. **Sandwich athletes will always address others with respect.** You will refer to a coach with proper titles, for example “Coach Hicks” or “Mr. Hicks.”
 - a. **Athletes will reply to any coach with the use of “Sir.”** (Example: Where is your jersey? In my bag, Sir.)
 - b. **Every athlete will also refer to the referee with the same manner as a coach.**
 - c. **Sandwich athletes will not speak to their opponents during a game.** This leads to “trash talking,” which will not be tolerated. We do our talking with our soccer.
 - d. **Sandwich athletes will not push off of or shove their opponents** in unnecessary ways anywhere on the field.
2. **Sandwich athletes will win and lose with dignity.** That means shaking hands like gentlemen/ladies, not inciting the opponent’s crowd, and NEVER throwing a ball or a temper tantrum in public view. Such displays of poor sportsmanship will be handled severely and will not be tolerated. This may result in removal from the team.
3. **The coaching staff of the Sandwich Middle School Soccer Team has been hired to coach this sport to the best of their ability under the Head Coach’s Philosophy.** Under no circumstances will it be tolerated for an athlete, parent, or fan to tell the coaching staff how to coach. This suggestion of defiance and disbelief in the ability of the coaches and will be unwelcome.
4. **Anyone who is not a certified coach hired by the School Board cannot under any circumstance sit in a coach’s seat and coach from the side of the field.** The school is liable for any injuries that may occur during a game and will not be liable for any negligent acts by a parent who is trying to coach.
5. **When a coach is talking or demonstrating technique you are not:** It is absolutely essential that you 100% of your attention and concentration to coach(es) that is/are talking or

demonstrating technique. (Raise your hand if you have a question or a comment, otherwise be absolutely quiet, concentrate and pay attention.

6. **Safety is a number one priority of the coaches.** Unsafe behavior will not be tolerated at any time and if done willfully may result in dismissal from the team or disciplinary action by the coach.
7. **Good academic standing/good grades and appropriate behavior in school** and at all school functions is very important and essential in order for you to maintain your eligibility for soccer competition. (Refer to school policy in order to determine eligibility)
8. **Academics come first;** if you need extra help after school I encourage you to get it. When you have received the help you need, bring back a signed school pass from the teacher who administered the help and then come to practice. You will be excused for the time you missed. Abuse of this rule may result in dismissal from the team or disciplinary action by the coach (i.e. forged passes/notes).
9. **You represent our soccer team and program** in school, in the classroom, and public as well. Set a good example, be a leader, and be gentlemen/lady at all times.
10. **Attendance:** You have an obligation to yourself, the team, and the coaches to be on time. If you are going to be late you must contact one of the coaches in order for the possibility to be excused.
 - a. **Excused absences** will include deaths in the family, family vacations (within reason and with proper prior notification to the coaching staff), emergency medical treatment, religious commitments on the day(s) of worship and school field trips (not to exceed two during the season).
 - b. **Unexcused absences** will include but not be limited to, haircuts, regular dentist or medical appointments that could be made any other time, going home to study, getting a drivers' licenses, 3-hour detention, 5-hour detention, work, "needed at home" etc. We demand dedication and commitment from our athletes. Detailed schedules will be provided that should allow you to schedule around your soccer responsibilities. If you are kicked out of practice for behavior issues you will receive an unexcused absence.
 - c. **3 tardies** will result in the athlete not being able to dress for the next game.
 - d. **Tardies in excess of five** will result in termination from the team. (this will be handled on an individual basis by the coaching staff).
 - e. **If you are late because you are getting help from a teacher** you must bring a pass from that teacher with you to practice

- f. **Any student who receives a 45 minute detention** must bring a pass to practice from that teacher.
- g. **If situations with extenuating circumstances arise**, the coaching staff will handle each case on an individual basis. The absence policy is set as a guideline, but if common sense dictates that a deviation needs to be made, it will be made.

11. **If you are going to miss a practice** I NEED A WRITTEN NOTE FROM YOUR PARENT/GUARDIAN EXPLAINING YOUR ABSENCE, NO EXCEPTIONS Preferably before your absence, but I will accept a note afterwards in the case of an emergency. Failure to do so will result in an unexcused absence.
12. **Missing practice for any reason other than an illness is unacceptable.** If you go home sick from school you must tell the office secretary to inform me at the high school. Three unexcused absences will result in removal from the team.
13. **All injuries must be reported to a coach.** Let us know of an injury so that proper action can be taken.
14. **Any lost or stolen equipment will be the responsibility of the athlete to whom it was issued.**
15. **Stealing from the team, team members, or the school will not be tolerated** and will be cause for immediate dismissal from the team.
16. **Dress code:** Soccer players are expected to dress appropriately no matter what the occasion
- h. **During regular school days athletes are expected to follow the school dress code.** If a coach is informed of an athlete violating this dress code then he will be punished during practice. An example of dress code violation would be underwear/boxers showing as a result of sagging pants.
 - i. **When attending meets both home and away athletes are expected to dress to a higher standard.** This means no holes in pants/jeans, absolutely no hats whatsoever will be worn (with the exception of a stocking cap without a bill), or other clothing that violates the dress code.
17. **Injured or ineligible athletes are expected to attend practice** unless other arrangements have been made
18. **Playing Time:** The varsity line up will be chosen at the discretion of the coaching staff:

- a. **Playing time is NOT to be discussed with the Coaches.** This is a universal rule throughout Sandwich Middle and High School.
- b. **Coach may change the line-up at anytime** for athlete disciplinary actions and/or team strategy.

19. **The coach reserves the right to suspend any athlete** from competition and practice for not contributing during set-up and tear down of activities, poor attitude, or lack of effort.

20. **All practices are closed** to parents, alumni, and fans. This prevents any outside interference from what we as coaches are trying to accomplish. If you do need to talk to a coach you must come after practice. (exceptions: if there is an emergency and you need your son or daughter pulled out of practice)

21. Practice Equipment

- a. **Practice equipment should include:** shorts and/or sweat pants, T-shirts and/or sweatshirt, socks, soccer shoes.

22. Home Games

- a. **All athletes will be required to meet in Coach Hicks room (portable 160)** before the game. (Attendance will be taken. Tardies will be counted)
- b. **Every athlete, regardless of year in school, will be required to set-up and tear down after the game.** No one will leave until the whole team is dismissed as a group by the coaching staff. (attendance will be taken before and after)
- c. **Athletes will be expected to sit in a designated a team area and not be in the bleachers.** Athletes will not be allowed to talk to parents, relatives, friends, or girlfriends before or during the game. Between games or after games is the appropriate time for visiting. All athletes support their teammates by remaining on the bench. Failure to do so may result in removal from the team

23. Away Meets:

- a. **Be on time for the bus; it will leave on time with or without you.** All athletes should be at school at least 15 minutes prior to the departure time
- b. **We urge all athletes to ride the bus to and from away meets/tournaments.** However, an athlete will be allowed to ride back from meets/tournaments with their parents/guardian. Parents/guardians must sign a transportation list prior to leaving with their athlete. Aunts, uncles, grandparents or anyone who is NOT the PRIMARY

guardian cannot give your son/daughter a ride home. Not even with a note or phone call. We take this very seriously.

- c. **Only walkmans or iPods with individual headphones** will be allowed on the bus.
- d. **The bus will be clean before any athletes leave.** It is the responsibility of the captains to make sure the bus is clean and orderly before going home. If I find ANY garbage whatsoever the entire team will be punished the following day at practice.
- e. **All Statisticians will sit directly behind the coaches on the bus** and will not sit with any boys on the bus rides. This also correlates to any female athletes

24. Conduct

- a. **Sandwich athletes will respect** teammates, managers, statisticians, cheerleaders, opponents, equipment, coaches, officials, themselves, and others with whom they come in contact.
- b. **The Sandwich Soccer Program is a class act.** Those who can't be a class act will not play for the program
- c. **Sandwich athletes will be academically responsible and do the best they can do in the classroom.** Education is more important than sports. However, both can be done well if one's time is managed properly.
- d. **Any athlete who argues with a coach or refuses to do any reasonable request made by a coach will automatically be terminated from the team.** Under no circumstances should a teenager be allowed to speak inappropriately to a person of authority. If there is a disagreement between a player and a coach, the parents should contact the coach involved with the situation. However, most coaching decisions are based on the head coach's philosophy and will be supported by the head coach.

25. Hazing

- a. **Hazing, bullying, or any other type of disrespect towards your teammates absolutely will not be tolerated.** This includes time spent in the locker room before practice, during practice, after practice, at tournaments and meets, and on the bus. If there is any suspicion of this whatsoever you will be removed from the team. This is a serious issue not to be taken lightly.

26. Chain of Command – If you feel that your son or daughter has been mistreated you should follow these steps

- a. Contact the coach involved
- b. Contact the head coach (Coach Hicks)
- c. Contact the Athletic Director (Mr. Ryan)

These steps are to help you understand the decisions made by the coach and to allow you to communicate your concerns with the coach. Rules will not be changed because you do not agree with them. We set these rules in hopes to establish a foundation of citizenship and responsibility in our athletes. We want your son/daughter to be able to gain more than just soccer skill from our program.