

# Watertown Arrow Girls Soccer Team Handbook



**Team Text Notification for 2023:** To receive messages via text, text @arrowsg23 to 81010

## Staff

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## Watertown School District Administration

**Activity Director:** Craig Boyens

**Superintendent:** Dr. Jeff Danielsen

**High School Principal:** Patty McClemans

**Philosophy** - Developing Better Student-Athletes: We will do the very best we can in all areas of our program which include: academics, practice, competition, in our community, and in other communities. Respect for coaches, athletes, officials, and fans will be displayed with everyone we encounter.

**Goal 1** - The Watertown High School Girls Arrows Soccer program is to provide an opportunity for individual improvement, team, and sportsmanship.

**Goal 2** - The Watertown High School Girls Arrows Soccer program is to provide an opportunity for growth and learning in a competitive situation.

**Goal 3** - The Watertown High School Girls Arrows Soccer program is to expose athletes to positive personal development.

**Goal 4** - The Watertown High School Girls Arrows Soccer program is to provide quality instruction of the technical and tactical side of soccer.

## **Season Play** - ESD Conference | July 31<sup>st</sup> - October 14

+ Athletes are expected to be at ANZA or turf Fields by 3:45. Practice will begin at 4:00.

+ 14 regular season matches against 12 AA and 2 A schools.

+ Matches generally will take place on Tuesday and Thursday or Thursday and Saturday every week.

+ 4 potential playoff matches (16 of the 19 AA schools will have playoff opportunities).

+ Coaches will provide a list to the schools attendance office regarding dismissal times, dates and athletes for dismissal.

+ If traveling West River for playoffs the match will be scheduled not to require an overnight stay. Practice will take place the prior day.

+ Any JV/V athlete needs impact (concussion) testing prior to season if they have not been tested prior.

+ Students MUST have a physical completed, documented and on record in the athletic office before start of the season (July 31).

## **Team Selection**

+ ALL athletes will be evaluated, placed (Junior Varsity or Varsity) on their technical, tactical, physical abilities as well as their overall attitude following the first week of sanctioned practice.

+ Athletes will be spoken to on an individual basis on team selection.

+ Athletes are selected to play JV/V matches (and playing time) primarily based on practice performance for the week. Time on the field in a match is limited or increased by the athlete's performance in that match.

+ Although a JV athlete may perform well at a JV level match, this is no indication they will perform at the pace, technical and tactical level needed at the V level. Again, this is often noted by coaches throughout the weeks practice sessions.

+ High school (JV and V) level match results are important. Therefore, it is our contention to put the best possible team on the field for a particular match. The result is that all players may not play in all matches.

+ The Junior Varsity team is intended to develop the up and coming Varsity team members. Not every athlete will get the same playing time or playing time during a match.

+ Middle school athletes are not limited to playing only Junior Varsity nor playing time.

+ High school athletes are not guaranteed a spot on the Varsity team nor playing time.

+ It is an honor to be asked to sit on the bench during a Varsity match. It is a privilege to play in that match. If you are an underclassman who has this opportunity do not expect to play. However, if you do get to play... SHINE!

+ Our team vision and placement of personnel as coaches can be different from athletes and parents. The athlete's vision of team should be consistent with the coaches. If you as an athlete have questions on why you get a specific amount playing time in a JV match, sit on the bench on Varsity or play limited time on Varsity or are even playing a position that you are not familiar with, ASK your supervising coach. This is the athlete's responsibility, not the parents.

## **Player's Eligibility**

+ Incoming 7<sup>th</sup> graders have a clean slate.

+ Student athletes will follow the "Watertown School District Training Rules".

+ Any players caught in season with drugs or alcohol will immediately be dismissed from the soccer team per Watertown School District rules. Out of season substances charges will be suspended for the first competition of the year.

+ Students must have successfully completed three credits the prior semester.

+ Students must be enrolled in 20 hours per week of Watertown School District classes to be eligible to compete as a Watertown Arrow.

+ Grade checks will take place mid-season (since season starts before school). If a student-athlete has a failing grade, they will have a one week grace period to improve the grade. If after a week the grade in question is not corrected; the student-athlete will be suspended from traveling and matches. Students with a below average grade will be on a weekly checklist. If a student-athlete misses practice for makeup schoolwork, they will receive reduced playing time (they were not accountable for their education prior).

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## **Team Rules:**

### **1. We are a team: Varsity & JV**

#### **+We support each other, and we strive to find the good**

- + In season student-athletes are always expected to be at practice, team activities (not limited to fundraisers, team meals, community soccer outreach programs) and at games UNLESS you are home sick, have a death in the family, or have a family emergency.
- + Injured players are expected to be at practice.
- + Vacations or events athletes attend other than school related activities that affect how the team can function during practice or a match and limit your understanding of our team tactics are considered unexcused absences and will result in lost playing time up to a full match.
- + Coaches must be notified prior to any planned absence.

### **2. We have meaningful, in depth, positive communication**

#### **+We talk & we talk early. We strive to find the genuine good in each other.**

- + Bullying behavior (physical, verbal, in writing, etc.) will be considered a threat to our team's unity and could result in game suspension or dismissal from the team.
- + Foul language at any time will NOT be tolerated and will result in possible reduced playing time and / or conditioning.

### **3. We are respectful on & off the field**

#### **+We are respectful in how we talk with each other, how we respond to officials, and how we interact with opponents.**

#### **+Don't chase the SKINNY CHICKENS!**

- + Show respect for all - Other coaches, players, parents, referees, and opponent players / fans.
- + Red cards will result in a game suspension. Yellow cards that are a poor reflection of our core beliefs as a team will have additional consequences.
- + Behavior on and off the field that affects the integrity, unity and vision of the team and coaches is unacceptable. Suspension of play may be a resulting consequence. Since it is imperative that all members of the team share a consistent vision; individuals who do not support this vision and take away from the team's unity may be dismissed from the team.
- + **NO DRAMA... STAY FOCUSED ON OUR GOALS... HELP EACH OTHER SHINE!**

### **4. We are students first, athletes second.**

- + Education is the first priority as student-athletes; however, missing practice for homework is unexcused. Please make arrangements with your instructors to meet before school (or after when our soccer schedule permits) so there are no academic conflicts. Do not wait to take care of academics until it is too late.
- + Athletes must prioritize the completion of homework in the evenings following practice.
- + Other exceptional needs, including but not limited to school functions (NOT other extracurricular activities), will be evaluated on a case by case basis, must be approved in advance, and should be kept to a minimum.
- + Excessive tardiness will result in conditioning as individuals.
- + Any absence the day before a game will result in loss of start (if a starter) and reduced playing time up to half of the game.
- + Athletes must practice in order to start or play. Sitting out of practice for any reason could result in a loss of a starting position and time on the field.
- + Cellular phones are NOT permitted during practice or games.
- + Proper dress is identified in "Practice Attire" and will be enforced. Athletes who do not dress appropriately will not be permitted to practice or compete.

## **Leadership (Senior Level / All athletes should aspire to meet these expectations.)**

- + *Varsity Lettering Criteria* - Athletes eligible for a Varsity letter must have made an appearance in a minimum of 5 Varsity matches, no unexcused absences, been respectful to referees, opponents, fans, and coaches and has no in season rule violations. Final decision is at the coaches' discretion. Managers who are eligible to letter should expect to attend all Junior Varsity and Varsity matches and practices (unless excused) and perform their duties which include, but not limited to, practice setup and takedown, recording stats and recording matches.
- + Other Special Honors include team, ESD and All State recognitions.

**Match Captain Criteria** - This duty is assigned to players on the field to be an extension of the coach on the offense, mid and defensive end during a match. The biggest of all my captainship needs is that you are my voice during the match. You are the designated Arrow to communicate with the officials regarding interpretations of calls. You also are a voice in protecting your teammates during a match. Due to captains being a communication bridge between the coach and the referee; they are expected to be a constant fixture during a match. Like senior level leadership; these individuals should possess attributes such as communication, discipline, knowledge of the team and game, confident, courageous, strength, pride, devoted, respect, attitude, and the ability to perform.

## **Player Expectations**

- + Athletes are expected to be at the fields by 3:45. Warm-ups will begin at 4:00, promptly.
- + Athletes who drive - Be on time and don't speed.
- + Parents who drive athletes - It is your responsibility to get your athlete to the events on time.
- + If a ride to practice is not available to you through a direct family member please make the appropriate arrangements to carpool.
- + Practice - Be on location 15 minutes prior. Put practice gear on and start juggling/ passing.
- + Games - Be on location 1 hour prior. Put game gear on and start juggling/ passing.

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- + Hotel Stay (if required) - Eat properly, NO activities that will add fatigue, follow curfew, respect other guests and hotel property.
- + Pick up after yourself. Don't leave trash / tape on the field.
- + Work as HARD as you possibly can.
- + Arrow soccer players will participate in community outreach programs.
- + Participate in soccer camps when / where possible.
- + Participate in summer soccer programs when / where possible.
- + Watch televised soccer events when possible.

## **Travel** - Home and Away Games

- + Schedules and Field Locations - <https://watertownarrows.com/page/2947>
- + Watertown School District will provide transportation to and from away matches.
- + Watertown School District Activity Rules clearly require that students ride the bus to and from all activity events.
- + If an athlete needs to travel with a parent and / or legal guardian home from a match they must have completed and submitted the "Travel Release" form the day prior to the match.
- + Only a parent and/or legal guardian can transport their student-athlete home from a match.
- + For away matches, high school athletes will be excused 15 minutes prior to high school departure. Middle school athletes will be excused 10 minutes prior to the bus arriving from the high school.
- + Following away matches, athletes needing transportation can be picked up from the west of the high school near the student entrance, after the team has unloaded and picked up the bus.
- + Athletes will not be dismissed prior to school event dismissal.
- + Athletes will stay and support Junior Varsity and Varsity matches.
- + Other considerations - What to Wear / Public Image / Representing Watertown Arrows.

## **Parent Expectations**

- + Please help us organize a carpool group for 7<sup>th</sup> and 8<sup>th</sup> grade athletes from the Middle School to ANZA Soccer Complex or Turf field.
- + Please try your best to get players on time for practices and games.
- + Please be supportive of every player. Some phrases to use (Keep working, nice pass, great job etc.). Avoiding saying, **kick it, boom it and please avoid giving direction / instruction.**
- + Avoid coaching from the sideline or taking girls' attention away from the match.
- + Leave the officials alone! Your perspective is different from the officials while watching a match. Please consider that a coach perspective, athlete perspective, official perspective, and parent perspective all vary depending on the circumstances, location and event.
- + Following a game please contact us if there is a concern or problem. However, if it is a matter of playing time and other events in which you feel your student athlete was not provided an equal opportunity, allow 24 hours to pass following a game to make the contact. The contact will include your student athlete present in the conversation. There will be no response from coaches if you begin the conversation with, she does know I am contacting you or in which they are not present.
- + If parental communication is a matter in which your student-athlete would be embarrassed to take part in or potential self-conscience, knowing we know, that conversation can be between a coach and parent.
- + Always have your student athlete speak with coaches prior or as well. It is important to foster a relationship of trust and growth between coaches and athletes.
- + **All questions on playing time and positioning will come from the players NOT from parents.**
- + Team or individual conflicts relating to team members will be handled appropriately internally. Athletes should contact a coach immediately so conflict can be resolved. It is your responsibility as a parent to encourage the higher road for your student-athlete as well as speaking responsibly of the team, team members, and coaches.
- + Positive reinforcement towards daughters, other players, and coaches.

## **Dinner and Food** - Provide your body with the necessary nutrients.

- + Be sure to eat balanced meals daily throughout the season: Protein promotes muscle growth, carbohydrates need to be replenished, water for rehydration and electrolytes for recovery.
- + Eat on time - Try not to eat a meal within 3-4 hours before a match. Snacking is a great alternative.
- + Team dinners - The Varsity parents can host a team meal for the team the day prior to the match. Team dinners are not attended or organized by WSD staff.
- + When traveling the team will most often order pizza prior, stop at food chains or Walmart upon field departure. If ordering pizza, athletes will have no expense and are expected to provide their own drink.

## **Communicate with Coaches**

- + Parents have your child communicate with coaches. They are now in high school athletics and we hope through this process to assist them in personal growth while being responsible for themselves.
- + If it is necessary for parents to communicate with a member of the coaching staff or administration that needs clarification that your daughter cannot provide, please call.
- + If a parent needs to email a coach please include your daughter as a "CC".
- + If a parent needs to speak to a coach via phone the athlete must be present.
- + If a parent requires a meeting with a coach, the following will be expected to be at the meeting: Activities Director, athlete, coach, & parent.
- + The chain of communication is immediate coach, head coach, Activities Director.
- + Call or text if you're running late for the game or practice.
- + Notes from a physician or parent are required for any absence.