

WENATCHEE HIGH SCHOOL GIRLS SOCCER HANDBOOK 2024

WENATCHEE HIGH SCHOOL ATHLETIC DEPARTMENT

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TEAM MANAGERS: GAEL NUNEZ SANCHEZ | SAHID JUAREZ

PHILOSOPHY:

The goal of our program is to create an upbeat, competitive environment that prioritizes attitude, effort, discipline, and respect. Above all else, we as coaches prioritize the two things that every player has 100% control over, which is attitude and effort. All players and coaches are expected to bring a positive attitude and their best effort every day. Every practice and every game will have a high level of competition to motivate players to give their best effort and to push each other toward their personal and team goals. It is necessary to have discipline and respect for both yourself and your team. We as coaches will enforce discipline both on and off the field in order to create positive habits within the culture of our team. Players need to have self discipline in order to show respect to themselves and to reach their personal goals.

“There are two pains in life. There is the pain of discipline and the pain of disappointment. If you can handle the pain of discipline, then you’ll never have to deal with the pain of disappointment.”
-Coach Nick Saban

PROGRAM GOALS:

1. WINNING RECORD FOR ALL 3 TEAMS
2. VARSITY:
 - a. WIN LEAGUE CHAMPIONSHIP
 - b. WIN DISTRICT CHAMPIONSHIP
 - c. MAKE IT PAST THE FIRST ROUND OF STATE
 - d. **WIN STATE CHAMPIONSHIP**
3. TEAM GPA: OVER 3.00
 - a. If the goal is met we will have a team party.

DISCIPLINE:

Do not do anything to hurt the team. All players within the program will be held to the same ethical standards to remain eligible to compete. Student-athletes who violate any standards will be subject to consequences determined by the coach, administration, or team as appropriate. Those standards include:

- **CIVIL:**
 - Student-athletes will obey Washington State laws
- **ACADEMIC:**
 - As per the Wenatchee School District Handbook, Section VII
 - ATTENDANCE:
 - Coaches will receive a daily attendance report from the schools.
 - If a player has any unexcused tardies to class, the player will have the following consequence at the next practice held: **100 yard sprints (X5)**
 - If a player has an unexcused absence from school, they will not be able to participate in practice or games for that day.
 - If a pattern forms of tardiness or unexcused absences, further consequences will be placed at the coaches and administrators discretion.
- **ATHLETIC:**
 - ATTENDANCE:
 - The practice schedule for **Varsity** will be as follows (unless otherwise communicated). Please set schedules accordingly:
 - MONDAY: 6:00AM-7:30AM OR 6:30PM-8:00PM
 - TUESDAY: GAME DAY
 - WEDNESDAY: 6:00AM-7:30AM OR 6:30PM-8:00PM
 - THURSDAY: 6:00AM-7:30AM OR 4:00PM-5:30PM
 - FRIDAY: 6:00AM-7:30AM OR 6:30PM-8:00PM
 - SATURDAY: GAME DAY
 - The practice schedule for **JV and C-teams** will be as follows (unless otherwise communicated). Please set schedules accordingly:
 - MONDAY: 4:00PM-5:30PM
 - TUESDAY: GAME DAY
 - WEDNESDAY: 4:00PM-5:30PM
 - THURSDAY: 4:00PM-5:30PM
 - FRIDAY: 4:00PM-5:30PM
 - SATURDAY: GAME DAY
 - Practice STARTS at the above listed times. Players are expected to arrive 10-15 minutes early to ensure plenty of time to get ready. If a player is late to practice without an approved reason they will complete the following in order to participate in practice: **100 yard sprints (X5)**

- **DON'T MAKE YOUR COACH START PRACTICE.** Warm ups are run by each team's captains, this should happen on-time everyday without your coach having to ask you.
- If tardy for a practice or game, without being excused previously by the coach, you will not start the next game. Playing time could also be limited depending on the severity of the infraction.
- Student-athletes will notify their coach directly, at least 24 hours prior to any missed practice or game and at least 1 hour prior to any expected tardiness. Failure to do so will result in the player being considered late to practice.
 - If tardiness or absence is due to a school related reason, a note from a teacher or administrator is required to not be considered tardy. Exceptions may apply which will be dealt with on an individual basis with the coach and athletic administrator as needed
 - If tardiness or absence is due to an illness, a note from a doctor or parent is required for it to be considered an excused absence
- All players are expected to attend practices and games. Unexcused missed practices and/or games are not acceptable and will result in at least a single game suspension with potential for dismissal from the team.
- No one leaves practice early. Leaving practice early must be approved by the coach otherwise the player will be counted as absent and the same penalties will apply.
- Student-athletes must attend all school periods to be eligible for practice and games.
 - Exceptions may apply which will be dealt with on an individual basis with the coach and athletic administrator as needed.
- Players must attend 10 practices (and participate in over 50% of activities during practice) to be eligible to play in games.
- When a player is early to practice, the expectation, once they are dressed and ready, is to immediately grab a soccer ball and begin to get touches until practice begins.
- All players will be required to practice and complete all workouts unless excused by their coach or the athletic trainer.
- **ATTITUDE/EFFORT:**
 - All student-athletes are expected to have a high level of energy, focus, and work rate once practice begins. The program has the following expectations:
 - Hustle **EVERYWHERE**. As soon as you step foot on the field whether it be for practice or for games, the expectation is to be **running** (between drills, on and off the field, to get to the next line, to shag balls, to get water, into huddles, etc.). We will outwork all of our opponents.
 - If you are late to practice, the expectation is that you are sprinting to the field to get started as soon as possible.

- Players are to stay focused and involved in the drills especially when not directly involved in the drill itself.
- Players are not to have any unrelated conversations/socializing once practice and/or games begin.
- Players are to leave their personal life at home. The field is meant to be a high energy, positive environment for the players. A positive attitude and high energy are the expectations for practice. If something challenging is going on, players are more than welcome to schedule meetings with coaches to seek help with these matters. But, on the field these problems need to be let go to fully focus on individual and team development.
- Players will remain positive with their teammates, themselves, and their coaches.
- Attitude and effort are the two things that each player has complete control over. If these expectations are not met, the first consequence will be increased fitness. If a pattern forms with a players attitude and effort, it will be dealt with on an individual basis with the coach and athletic administrator as needed.
- **HOME GAMES:**
 - Players are expected to be at the field 1 hour prior to kick-off and will not be released to leave until dismissed by the coaching staff
 - Varsity players are expected to be at all JV games by the start of the second half
 - JV/C-Team players are expected to be at all Varsity games through the first half
- **AWAY GAMES:**
 - Players are expected to be at the bus 15 minutes prior to the scheduled departure.
 - Players are to ride to and from games on the bus as a team unless the coach has approved a departure from group form and proper paperwork has been accepted by the Athletic Department.
 - Forms will only be approved under unique circumstances. Unless absolutely necessary, all players need to ride home on the bus as opposed to riding home with parents following the game. This allows the team to process the results of the game together and it builds camaraderie within the program.
- **UNIFORMS:**
 - Players will be issued and responsible to take care of home and away jerseys, shorts, and any other equipment assigned to them during the season. It will be the player's responsibility to pay for the replacement of any and all equipment that is lost or damaged beyond normal wear and tear.
 - Players are responsible to bring all sets of uniforms to games in case we are required to change colors for a game. If the player does not have the appropriate gear they will not be able to play in the game, and there may be potential for further consequences.

- **FACILITIES:**
 - Respect the facilities. We will leave all spaces cleaner than when we found it. Players will be responsible for cleaning up after practice and games on the field, locker rooms, buses, etc. If messes are found by the coaches, all teams responsible will be subject to increased fitness the following practice.
 - Our practices are closed practices, friends and family are asked to please remain on the outside of the field until practices are completed.
 - Only players, coaches, team managers, administration, and athletic trainers are authorized to be on the field during games.
- **SPORTSMANSHIP:**
 - Players will play with the utmost level of sportsmanship and class. We have a zero tolerance policy for poor sportsmanship. If a player is displaying poor sportsmanship, they will be removed from the game and may be subject to further consequences at the coaches and administrators discretion.

PARENTS:

- For students that do not have their license or their own mode of transportation, parents are the liable party. Please make sure you are on time to drop off and pick up your child. If you are running late for any reason, please have the player communicate with the coach as soon as possible. The same consequences will still apply for unexcused tardiness.
- Our expectation is that players are communicating with coaches directly, not through their parents. All forms of communication (questions about scheduling, absences, tardiness, playing time concerns, etc.) are to come directly from the player. We will not respond to concerns that are not coming from the player directly. If the parent would like to be involved in the conversation, please have your daughter schedule a meeting through their coach so that we can include the parent in the conversation with the player present.
 - If the parent has a concern regarding a player's health, safety, or well-being, and it is necessary to meet without the player present, then exceptions will be made.
 - Meetings will be held with your daughter's head coach. If resolution cannot be found between the player and her coach, then Coach Kirkpatrick or athletic administration can also step in to assist.
- **24 HOUR POLICY:** Conversations regarding coaches decisions on team placements or playing time will not be discussed until a 24 hour period has passed.
- Let the coaches coach. Trust in our decisions.
- Support the program, not just your daughter.
- Be your daughter's fan, not her critic
- Parents need to listen, support and suggest strategies for their daughter to solve their own problems.
- Understand and display appropriate game behavior
- Please refrain from comments to referees. There would be no game without referees and usually the referees and coaches know the rules better than parents. If commentary gets out of hand, parents may be asked to leave the facility.

SAFETY GUIDELINES:

- Goal Transportation:
 - There will be a minimum of 8 players to transport goals without wheels
 - There will be a minimum of 2 players to transport goals with wheels
- A coach will stay at the practice or game site until the final student-athlete has left the site
- Proper attire and equipment required at all practices and games (including the following):
 - Shin guards
 - Soccer cleats (no metal spikes)
 - Running Shoes
 - Socks that cover shin guards
 - Shirt and Shorts
 - Water bottle
 - Medication (if needed)
 - Warm layers (jacket, sweats, gloves, hat, etc.) (as needed)
- Student-athletes are expected to have eaten and hydrated appropriately prior to all practices and games
- In the case of an injury: communication between the player, athletic training staff, and coaches is expected to be open and honest to ensure all of the right steps are being taken to help safely get the student athlete back on the field
- At away games:
 - All players must have a “travel buddy” when split from the group
 - Players will respect allotted times for travel stops
 - All players will help clean the bus when traveling
 - All players will respect the bus driver and
 - Every player in the program will run a 100 yard sprint at the next practice for every piece of garbage left on the bus.

DRESS CODE:

- Shorts will be of an appropriate length. They will not be rolled at the top more than 1 time.
- Shirts are to be full length and are not to have spaghetti straps.
- All jewelry is expected to be removed prior to the start of practices and games. If players have to be reminded to remove jewelry, additional fitness consequences will be the result.
- Proper attire is to be worn while traveling which will be discussed prior to games.
- If a player is not wearing appropriate clothing they will be asked to change prior to being able to practice for the day. If they are unwilling or unable to change, they will not be asked to sit out and will be counted as absent for the day.

TEAM SELECTION:

- The team levels include Varsity, JV, and C team (if applicable). At the end of tryouts, we will choose 45-54 players. The Varsity team is made up of the top 15-18 players in the program. The JV team will be made up of the next 15-18. The C team will be made up of the next 15-18 players. These numbers are subject to change. The goal for each program is to compete to win

every game. Playing time at every level is highly dependent on attitude, effort, eligibility, and attendance at practices and team events. Playing time is never guaranteed.

- **VARSITY:**
 - The purpose of the Varsity team is to be the face of the Wenatchee High School Girls Soccer Program in the community. This team is the most intense, disciplined and has the most responsibilities. Playing time is not guaranteed and is determined by weekly performance, attendance, and strategy. Players at this level are expected to have the highest level of athleticism and skills to be able to focus on more advanced tactics.
- **JV:**
 - The purpose of the JV team is to refine the skills of players who are not yet on Varsity so that they will be ready to potentially contribute at the Varsity level the following year. Players will be introduced to basic soccer philosophies and expectations to be improved upon at the Varsity level.
- **C-TEAM:**
 - The C team is designed to develop the fundamental skills, tactics and game knowledge necessary for advancement to the JV and Varsity teams.
- Because of injuries, skill development, strategy, eligibility or other developments, rosters are subject to change at the discretion of the coach. Players from the JV / C-teams team may get the opportunity to suit up and / or play with the next level team at any given time, based on coaches' decisions. Players can also be moved down from a roster to the level below based on attitude, effort, eligibility, and/or developmental reasons.

VARSITY LETTERING CRITERIA:

- In order to earn a Varsity letter, student-athletes must meet the following requirements:
 - Must participate in the program for the entire season. Any player that quits, is suspended, or expelled from the program will not earn a letter that season
 - Student-athlete may not violate any part of the athletic code
 - Display good sportsmanship
 - Varsity letters will be awarded to players who fulfill their role on the team and have played in at least 4 games in a season
 - Coaches and the Athletic Director reserve the right to make final decisions regarding the lettering and certification policies based on injuries or other circumstances

“One thing about championship teams is that they’re resilient. No matter what is thrown at them, no matter how deep the hole, they find a way to bounce back and overcome adversity.”

-Coach Nick Saban

WHS GIRLS SOCCER HANDBOOK AGREEMENT

I have read and agree to abide by the rules and regulations in the WHS Girls Soccer Handbook.

PLAYER NAME

DATE

PLAYER SIGNATURE

DATE

PARENT SIGNATURE

DATE

PARENT SIGNATURE

DATE