

# **LEON HIGH SCHOOL MEN'S SOCCER PROGRAM**

## **HANDBOOK**



**2016-17**

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[http://www.leonmensoccer.org/uploads/3/4/7/7/34775386/2015-16\\_leon\\_mens\\_soccer\\_handbook.pdf](http://www.leonmensoccer.org/uploads/3/4/7/7/34775386/2015-16_leon_mens_soccer_handbook.pdf)

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## **Welcome to Leon High School Men's Soccer!**

Almost everything in this handbook is the same for both varsity and junior varsity players. You may be on different squads, but you are all members of the same team.

Be prepared to commit yourself as we take Leon Soccer to the next level of excellence. It is going to take hard work, and most importantly, disciplined dedication to this tradition-rich program we call Leon Lions Soccer.

Go Big Red!

### **Program Mission/Goals**

High school sports are competitive in many ways, but are designed to be personally rewarding, and a healthy part of the high school experience. The Leon High School Men's Soccer program's core principles are:

- Team Discipline
- Player Commitment and Effort
- Academic Achievement

### **Coaches' Expectations for Players**

*Player physicals and Leon County High School sports parent waivers must be completed before conditioning begins each September and provided to Coach McBrearty.*

The 6 C's to Leon High School Soccer Success

C –Conditioned  
C –Coachable  
C –Confident  
C –Controlled  
C –Creative  
C --Committed

Leon Lions Men's Soccer players will:

- ✓ Recognize that the referee is the sole authority of the game, and that maintaining respect for the referee is of vital importance to Leon Soccer. Any player red carded in a contest will serve a state mandated minimum 2-4 week suspension depending on the severity (5-10 games) and the player and family are responsible for paying any monetary fines assessed as a result by the Florida High School Athletic Association (FHSAA).
- ✓ Recognize that the coach is the sole authority on the team, and that maintaining respect for the coach and his decisions is of vital importance to Leon Soccer
- ✓ Strive for excellence in academic studies and attend all classes. Players that frequently miss class or struggle academically will be placed on "academic probation." The Head Coach reserves the right to suspend a player from practice, scheduled games or any other soccer-related activities due to poor academic performance or class participation. Leon soccer is an extracurricular activity and academics must come first.
- ✓ Put the best interests of the team ahead of my own.
- ✓ Work each day to be a better player/person/student than the day before.
- ✓ Understand and appreciate the value of pre-season conditioning.
- ✓ Understand that it is the player's responsibility to report possible injuries to coach and athletic trainers.
- ✓ Understand that playing time is never a guarantee.
- ✓ Always put forth maximum effort at practice and understand that it will improve skill development and preparation for competitive games.
- ✓ Absolutely no hazing or initiation of any person in any form will be tolerated.
- ✓ Refrain from the use of illegal drugs, tobacco, or alcohol.
- ✓ Understand that players are required to show proper respect to their coaches and teammates. Abusive and disrespectful conduct and language will not be tolerated. Even the best players will make mistakes, and derogatory comments by teammates do not help player and team development. Players should at all times encourage their teammates to perform at their best, be supportive of one another and leave the coaching to the coaches.
- ✓ Learn the rules of the game and the policies of the Leon High School Men's Soccer handbook and Leon Student Code of Conduct handbook.
- ✓ Not confront coaches at the game field. Players shall take time to speak with coaches at an agreed upon time and place.
- ✓ Understand that student-athletes that are suspended from school are not allowed to practice or play during the period of time they are placed on suspension. This includes In School Suspension (ISS), Out of School Suspension, detention and "Saturday School". Players that frequently have discipline problems at school will be put on probation or dismissed from the team altogether depending upon the severity of the situation. Such disciplinary action will be at the sole discretion of the head coach.
- ✓ Return all uniforms, which must be cleaned, neatly packed and returned on the specified end of season date and at the designated location.

Leon Lions men's soccer players will conduct themselves properly at all games and practices as well as on campus and in their daily lives. Playing for Leon soccer is a privilege, not a right.

Improper behavior includes:

- Abusive or degrading language (swearing)
- Physical threats or violence
- Advocating poor sportsmanship
- Harassment of any game official, teammate or coach
- Disputing or attempting to influence a game official
- Any distractions that take away from the team's focus
- Lack of respect for the coach or teammates
- Any infraction of Leon High School's Code of Conduct

## **Discipline Actions for Players**

The Importance of **Team and Player Discipline**: *“Discipline is not the enemy of enthusiasm.”*

Student-athletes that are suspended from school are not allowed to practice or play during the period of time they are placed on suspension. This includes In-School Suspension, Out of School Suspension, detention and “Saturday School”. Repeat offenders may be suspended or dismissed from the team at the discretion of the head coach.

Leon men's soccer (LMS) players must have a deep respect for the game of soccer, and for the possibility of Yellow Card and Red Card infractions while on the field. Infractions in games that cause the referee to use these cards hurt the team, and can generally be avoided through player self-control.

Players receiving red cards for dissent (use of inappropriate language, arguing with a referee, etc.) will be subject to potential removal from the team at the head coach's discretion. Cards for dissent or “getting the last word” in against a referee, are always avoidable. A LMS player is expected to always demonstrate self-control.

### **Infractions of the Leon High School Code of Conduct or any of the coaches expected player behaviors:**

Any infraction of the Leon High School Code of Conduct or the expected player behaviors outlined above, whether on or off the field, (depending on the severity of the action) throughout the season will be awarded a “Yellow Card” or extra conditioning by the coach. The Yellow Card serves as a warning to the player that further infractions will be dealt with more severely by the coach.

The 2<sup>nd</sup> infraction of a rule during the season will provide a “Red Card” for the committing player. Again, depending on the severity of the infraction, this Red

Card represents a game suspension, and other disciplinary actions deemed necessary by the coach.

In the game of soccer, a “direct Red Card” is often times awarded without a warning or a Yellow Card issued first by the referee. If a player is given a direct Red Card, it will require a meeting with the coaching staff to discuss the player’s future with the soccer program.

Yellow and Red cards will be used in the daily lives of Leon soccer players as well. Receipt of these cards in a game will be used as a reminder of how to conduct oneself off of the field as well. LMS players will uphold and represent the school with the utmost respect and will accept unfortunate turns of events gracefully, and without anger.

Yellow cards are used as a warning tool by referees during games and they will be assessed against players during the season. The goal is not to have red cards issued to any players at any time.

We want to continue to develop a program that fosters community spirit, school pride, and a deep respect for good sportsmanship through the game of soccer.

## **The Importance of Player Commitment and Effort**

The factors that will determine the success of any team are the personal commitment and responsibility to the overall program applied by each and every player on the team. It takes intense dedication to reach both personal and team goals. The Leon Lions soccer program strives to play well into the post season each year. Effort, concentration, and perseverance are the basic foundations of a successful team. Player attitude that reflects dedication to these goals makes the difference between excellence and mediocrity. You are a select group of young men. Nothing short of 100% of each player’s effort is expected at every practice and at every game.

## **The Importance of Academic Achievement**

Leon Men’s Soccer (LMS) has historically had one of the highest overall GPA averages of all male sports at Leon High School. This is a tradition we value greatly and would like to continue. The soccer schedule is very demanding on a player’s school work and free time. It is each player’s responsibility to balance all of these throughout the school year and season.

- ✓ All players must have at least a cumulative 2.0 GPA on an unweighted 4.0 scale to be eligible to play.
- ✓ The above are minimum requirements. If at any time the head coach believes that a player is not performing to his capability in his academic pursuits, the head coach reserves the right to place a player on academic probation. During any such probationary period the head coach will work with the affected player’s teachers to monitor improvement in academic performance. Players with more than one F (two or more F’s in scheduled class subjects) on a report card will be considered for placement on

academic probation. The head coach reserves the right to suspend a player from all soccer program activities until the player demonstrates substantive academic improvement in those failing subjects.

## **Parent Commitment**

Parents make certain commitments when they allow their player to try out for and join the Leon Men's Soccer Team. These are:

- ✓ Not to force a player to participate in soccer
- ✓ To remember that players participate to have fun and represent their school, and the game is for players, not adults
- ✓ To inform the coach of any physical disability or ailment that may affect the safety the player or the safety of others on the team
- ✓ To teach the player to play by the rules and to resolve conflicts without resorting to hostility or violence
- ✓ To discourage any behaviors or practices that would endanger the health or well being of any of the players
- ✓ Ensuring that the player treats other players, coaches, officials and spectators with respect, regardless of circumstance
- ✓ Recognizing and supporting the player's commitment to the game by providing the means to get them to and from soccer events on time, in sound physical shape, and mentally ready to play
- ✓ Teaching the player that doing one's best is elemental to achieving team goals
- ✓ Reinforcing the concept that putting forth a best effort is more important than the outcome of any one game to the player
- ✓ To praise the player's efforts and successes
- ✓ Ensuring proper nutrition and sleep for the player
- ✓ Emphasizing the benefits of skill development and practices
- ✓ Learning the rules of the game and the policies of the Leon High School Men's Soccer program

## **Parent Behavior**

Certain behavior is expected of all parents of players involved in Leon Men's Soccer:

- ✓ Refrain from coaching player/players during games and practices from the sidelines, unless designated as one of the official coaches of the team.
- ✓ Be a positive role model for the player and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every Leon High School Men's Soccer program event.
- ✓ Parents will refrain from unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting, or using profane language or gestures.
- ✓ Respect the officials and their authority during games and not confront coaches at the game field. Parents should take time to speak with coaches at an agreed upon time and place.

- ✓ No player, coach, parent, director, board member or anyone affiliated with Leon High School Men's Soccer shall by actions or works bring the program into a state of disrepute.
- ✓ When attending games parents must sit in the stands and avoid standing near or on the track.
- ✓ Attendance at monthly booster meetings during the soccer season held every second Tuesday from 6-7PM in the Leon High School media center or other designated location.

Coaches will be expected to reply to parent e-mails within 24 hours of their receipt. Parents may speak to any coach by contacting him in person, through e-mail or by telephone, and arranging a meeting time. Parents should check the team website for information before calling the coach about general information. Phone calls to the coaches after 7:30 p.m. will be handled on the next business day.

## **Program Cost, Fees, and Fundraising**

Like most extra-curricular programs, athletic programs receive no financial support from the County School District. The Leon Men's Soccer (LMS) program costs more than \$35,000 annually to effectively operate. This includes player uniforms, referee fees for all home games, player and coaching staff travel costs, equipment replacement (uniforms, balls, goals, etc.), field seeding, irrigation and lining, and tournament fees, among other costs. A full budget detailing these costs is provided to all LMS Boosters annually.

Expenses for the program are met through player assessment fees, individual fundraising, and group fundraising. All players' parents are members of the LMS Boosters, the volunteer support organization that raises funds in support of the program.

The full cost of the program ranges from \$700-\$750 per player. Each year, the Soccer Boosters develop and approve a complete budget. About 60% of the budget is met with player assessments, and the rest comes through fundraising. **Players and parents need to participate in fundraising events each year to meet the full cost of the program.** The Boosters organize such opportunities to meet this expectation during the soccer season.

## **Assessments**

The Leon men's soccer (LMS) program would not function annually without the financial support of the Boosters. All parents of players that make the soccer team (both varsity and junior varsity) are soccer program Boosters by definition. Season assessments average between \$400-450. These costs need to be paid to the LMS treasurer by the time of the season kick-off dinner/cookout (see below) after the acceptance of your player as a member of the soccer team. (Checks made out to **Leon High School Boys Soccer Boosters, Inc.**) Payment at the pre-season Parent Meeting/Cookout is expected unless prior arrangements have been made for payment with the booster Board treasurer. Opportunities are provided for players to secure sponsorships or sell season

scrapbook advertisements, a portion of the proceeds of which can help offset assessment fees. Boosters are encouraged to secure such sponsorships well in advance of the start of the season. Please refer to the *Leon Men's Soccer Booster Sponsorship and Assessment Credit Policy* provided to you or on the LMS website for specific details.

## **Practice**

Team practices begin after tryouts in mid to late October each year. Practices are held daily, Monday through Friday after school or as scheduled by the coaches. Players are expected to be on time and prepared to play with their appropriate gear. Varsity practice hours are typically from 3:00 – 5:30PM weekdays. JV practice hours are typically from 2:30-5 PM weekdays. Occasionally and without prior warning, practices may continue a few minutes beyond scheduled times to provide for extra preparation or continuation of focused drills. JV can also fluctuate their start time depending on field availability. JV will sometimes start as soon as school lets out.

## **Conditioning**

Soccer is a sport of constant movement and running. In an average game, a player can expect to run about 4-6 miles, depending upon the position played. Players must be in top physical condition to be capable of peak performance. Human error is directly related to fatigue. Conditioning practices will be conducted throughout the summer and will begin daily in the fall. No player is permitted to start conditioning until they have completed their Leon County school physical and student waiver forms. Players should realize they need to report to the first day of tryouts in top physical condition so as to put their best effort forward when competing for a place on the soccer team.

## **Summer Camp**

The Leon High School soccer program holds a summer camp every other year. This camp can vary in location from year to year but is usually the University of North Carolina-Greensboro. During “off” years, we try to arrange camps options for those that would like to do an individual camp. Rising freshmen are not expected to go to these camps, but sometimes are allowed to go if we have low numbers of returning players attending.

## **Absences**

The practice season and playing season are short. Please try to schedule family activities or medical appointments around soccer events if at all possible. Contact the coach in advance if you must be absent from planned soccer activities during the season. When possible, all dates of absences should be submitted via email to the coach prior to the absence taking place. For any unplanned absences, a note from doctors, parent or legal guardian is accepted.

- ✓ A student that has an unexcused absence from more than 3 classes in a school day is ineligible to practice or play in any game being played on the same evening.

## **School Absence Policy for Out of Town Games**

Students will be excused early from classes on the day of an away game for travel to the game destination. Arrangements for boarding a chartered bus will have been made for the appointed time by the booster Board or coach. The coach will provide the attendance office with the list of players traveling and the time they should be excused. Players will be notified in advance of the time to leave class and board the bus. The team occasionally returns late in the evening. If the return is after midnight, the players may be excused from the first portion of school the following day. The coach will inform the players before they exit the bus what the attendance policy will be for the following morning.

For the first hour or so of the bus trip out of town, a quiet period will be encouraged to give players the opportunity to work on their homework or other academic endeavors.

## **Locker Room**

Due to space constraints, the men's soccer locker room is available only to varsity players during the season. JV players use the men's locker room in the "new gym" and will store bag's in the varsity men's locker room.

## **Uniforms**

Players are issued a warm-up suit, shorts, socks, practice and playing jerseys and a team bag for the season. Everything (except the socks) is to be thoroughly cleaned and returned at the end of the season. Players must provide their own cleats and shin guards. At no time will players be allowed to participate in practices, kick-arounds or games without cleats or shin guards. Shin guards must be the correct size for your height and NOCSAE approved (bearing the NOCSAE sticker on them).

- ✓ All uniforms must be cleaned, neatly packed and returned on the specified end of season date and at the designated location.

## **Game Days**

Players are expected to wear the game jersey or shirt and tie to school on all home and away game days. For a few game nights each season (generally for 3-4 games) the varsity booster parents alternate providing a meal to the varsity team after school and prior to the game. Locations are decided at the booster meeting and are announced during the season by e-mail from the Booster Board secretary. JV does on campus snack on game days due to a much earlier game time.

## **Transportation**

Players provide their own transportation for local games. The Boosters arrange bus or car-pool transportation for almost all out-of-county games. (Neighboring county games, like those in Gadsden County are the exception.) Players will need to bring meal money on any out-of-county trips. Hotel and meal costs for out-of-town tournaments are the responsibility of the players, and are in addition to the season assessments paid. Players may drive themselves to any game inside the boundaries of Leon County. Players may not drive to away games such as those in Taylor, Wakulla, and Gadsden Counties, but rather must participate in team bussing, carpooling where coaches or parents drive or must ride in team vans.

## **Season Kick-Off Potluck/Cookout**

In past years, the season kicked off with a pot-luck “Spaghetti/Pasta Dinner” or a cookout at the FSU reservation. This year the Boosters are hosting a pot-luck dinner in the Leon cafeteria on October 25th, after player selection. It is an opportunity to celebrate the new season and for a parent orientation meeting. This is recognized as the first official Booster meeting of the annual soccer season. Coaches introduce themselves to families, introduction of players and the Booster board are made, assessment payments are due, and important information is shared with all participants. This is a very important event. It is mandatory for all players and at least one parent to attend.

## **Volunteer responsibilities**

All parents are asked to volunteer to work at least 5 home games (regular season or Leon sponsored events like tournaments or middle school championship) by either selling tickets, working concessions, or selling team spirit wear. Usually JV parents work varsity games, and varsity parents work JV games, so parents are free to watch their player’s game. All parents should sign up for scheduled events as described at the first full LMS Booster meeting of the season on October 25th (the kickoff pot-luck dinner).

## **Booster Meetings**

Booster meetings are held on the second Tuesday of every month in the Leon High School cafeteria or at a Booster Board pre-determined location if the cafeteria is not available. All soccer parents are strongly encouraged to attend. (Remember: Leon men’s soccer is the level of program you help make it!)

## **Communication/Website**

Our website is the best way to stay informed about the team. It contains the schedule, announcements, pictures, etc. Most communication is done either by email or through the website, <http://leonmensoccer.org/>. All parents and players are expected to provide a current email address and cell phone number

at or before tryouts, so we can build a good communication network. Email is also a good way to contact coaches, the Booster Board, and other parents.

## **Contacts:**

The Booster Board is made up of the head coach, a president, vice president, treasurer and secretary. For the 2016-17 season these individuals are, and may be contacted at:

Head Coach: Jamie McBrearty (850) 294-9466  
[mcbreartyj2@leonschools.net](mailto:mcbreartyj2@leonschools.net)

JV Coach: Dan Wessner (850) 545-5671  
[wessnerd@leonschools.net](mailto:wessnerd@leonschools.net)

Booster President: Hal Beardall  
[hbeardall@fsu.edu](mailto:hbeardall@fsu.edu) (850) 294-1050

Booster Vice President: Melissa Lescher  
[Princess\\_mjl@yahoo.com](mailto:Princess_mjl@yahoo.com) (850) 778-6443

Booster Treasurer: Michael Peltier  
[mpeltier1230@gmail.com](mailto:mpeltier1230@gmail.com) (850) 264-7702

Booster Secretary: Melissa Walker  
[ebbnflow3@gmail.com](mailto:ebbnflow3@gmail.com) (850) 933-5284

## **Acknowledgement:**

All players and parents must acknowledge an understanding of the expectations for the Leon Lions men's soccer program as outlined in this handbook by signing the following Acknowledgements of Program Rules (3 pages). Signed pages must be turned in to the Coach or a Booster Board member by the first official function of the Boosters after the selection of the team players (generally the pre-season pot-luck in the 3<sup>rd</sup> week of October).

With this information and these expectations in place, it is the expressed wish of the Board that each player and parent has an enjoyable and rewarding season with LMS program. Remember to bring your team spirit to every high school soccer event and.....Go Lions Soccer! Go Big Red!

## **Leon Player Responsibility Contract**

I understand that student athletes are visible representatives of Leon High School both on campus and off-campus. Student-athlete behavior affects public perception and the character of the soccer program. Leon Soccer players will demonstrate consistent role model behavior, sportsmanship and self-control.

As a Leon Soccer student athlete, I will exercise self-control in all ways including, but not limited to, resisting the use of profanity, demonstrating unnecessary aggression or hostility towards others, making inappropriate physical gestures, taunting or excessively celebrating, and disrespecting officials, coaches, teammates or opponents.

In addition, I acknowledge and agree to the following rules and guidelines:

- The referee is the sole authority of the game. Maintaining respect for the referee is of vital importance to Leon Soccer
- Any player red carded in a contest will serve a state mandated minimum 2-4 week (5-10 game) suspension depending on the severity of the infraction. The player and family are responsible for paying any monetary fines assessed as a result by the Florida High School Athletic Association (FHSAA).
- The head coach is the sole authority on the team. Maintaining respect for the head coach and his decisions is of vital importance to Leon Soccer.
- Players will strive for excellence in academic studies and attend all classes.
- Players that frequently miss class or struggle academically will be placed on “academic probation.” The head coach reserves the right to suspend any player from practice, scheduled games or any other soccer-related activities due to poor academic performance or class participation. Leon Soccer is an extracurricular activity and academics must come first.
- Players will put the best interests of the team ahead of my own
- Players will work daily to be a better player/person/student than the day before.
- Athletes will accept responsibility for maintaining good physical condition, upholding academic standards and behaving in a respectful manner at all times.
- Players are responsible for reporting possible injuries to coach and athletic trainers.
- Playing time is never a guarantee.
- Putting forth maximum effort at practice is expected and provides the benefit of skill development and preparation for competitive games.
- Absolutely no hazing or initiation in any form of any person will be tolerated.
- Athletes are expected to be alcohol-free, tobacco-free and drug free 24 hours a day, seven days a week throughout the year. Violators will be subject to severe disciplinary action or removal from team.
- Attendance at parties or gatherings where alcohol, tobacco or drugs are present is strictly prohibited.
- Athletes must complete the season in good standing to receive a varsity letter or any other award.
- Athletes must comply with all rules set forth by the FHSAA and the Leon High School Student handbook.

- Student-athletes suspended from school are not allowed to practice or play during the suspension. Players that frequently have discipline problems at school will be put on probation or dismissed from the team. The head coach has sole discretion regarding disciplinary action.
- All uniforms must be cleaned, neatly packed and returned on the specified end of season date and at the designated location. Missing items will be replaced at the player's expense.

I agree to abide by the aforementioned rules and guidelines. If I fail to abide by the rules and guidelines, then I shall be subject to disciplinary action that may include, but is not limited to:

- Extra conditioning
- Limited playing time
- Suspension from the Leon High School Men's Soccer team
- Dismissal from the Leon High School Men's Soccer team.

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Player's Signature

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Print Player's Name

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Parent's Initials

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Date

## **Parent's acknowledgement of program rules:**

- ✓ I will encourage good sportsmanship by demonstrating positive support for all players, coaches, game officials, and administrators at all times.
- ✓ I will place the emotional and physical well being of all players ahead of any personal desire for the team to win.
- ✓ I will support the coaches, officials, and administrators working with my child, in order to encourage a positive and enjoyable experience for all.
- ✓ I will remember that the game is for the players, not for the adults.
- ✓ I will ask my child to treat other players, coaches, game officials, administrators, and fans with respect.
- ✓ I will always be positive.
- ✓ I will always allow the coach to be the only coach.
- ✓ I will not get into arguments with the opposing team's parents, players, or coaches.
- ✓ I will not come onto the field of play for any reason, unless asked by the coach to come to the aid of my injured player, during the game.
- ✓ I will not criticize game officials.
- ✓ I will follow protocol by stating my concerns within the vehicle the program provides (through the Booster Board or with the coach directly).

I will abide by the aforementioned rules and guidelines and if I fail to abide by these rules and guidelines, I shall be subject to disciplinary action that could include, but is not limited to, the following.

1. Verbal warning by an official, head coach, and/or President of the Leon High School Men's Soccer program Booster Board.
2. Written warning from any of the above persons listed in number 1.
3. Requested removal from the arena of play for one or a specified number of games.
4. Season suspension from attendance of all games.

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Parent's Signature

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Date

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Parent's Signature

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Date

## **Parental Acknowledgement of Leon Men's Soccer Program Financial Obligations and Program Considerations**

- ▶ We understand that having our son play with the Leon High School Men's Soccer program involves payment of an assessment of \$400.00, and requires our participation in further fund raising efforts for continued program function and success.
- ▶ Additionally, we understand and agree to support the Leon High School Men's Soccer program through participation at Booster meetings and in fundraising events and at least 5 volunteer efforts each season beyond and above payment of assessment fees.
- ▶ We understand that the Leon High School Men's Soccer program will provide training, practice and coaching during the school week during the soccer season.
- ▶ We understand that Leon High School Men's Soccer program play in a competitive environment and therefore there is no guarantee of playing time during competitions.
- ▶ We have received and read the Leon High School Men's Soccer program handbook for parents and players as printed above, and agree to abide by these guidelines accordingly. We will act in a manner of respect at all practices, games, travel events, etc, and serve as role models to others to maintain the integrity of ourselves, our team, and all of Leon High School Men's Soccer program participants. Players will conduct themselves in accordance with Leon High School Men's Soccer program, Leon High School and Florida High School Athletic Association rules at all times, or will be subject to disciplinary action.

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PARENT NAME (PRINT)

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PARENT/GUARDIAN SIGNATURE

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Date

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PARENT NAME (PRINT)

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PARENT/GUARDIAN SIGNATURE

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Date

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BOARD MEMBER