

Paso Robles High School Women's Soccer Team Handbook



2023-2024

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Paso Robles High School

The mission of the Paso Robles Bearcats Women's Soccer program is to cultivate and promote a positive environment that provides opportunities for all of our student-athletes to enrich their high school experience. We strive to improve each athlete's skills and knowledge of the game of soccer, and to develop players and teams who can compete at a high level, while also being good students, good teammates and good citizens.

I. General Objectives

- a. Paso Robles High School Bearcat Women's Soccer players are student-athletes and must uphold the highest standards, both academically and physically. They must be dependable, responsible, cooperative, disciplined, enthusiastic, and willing to devote time to the development of their team while continuously striving to improve their own skills. Disrespect of any kind does not reflect the image we encourage. Soccer team members are representatives of Paso Robles High School, and must conduct themselves as such both on and off campus; both in and out of the classroom. Bearcat Women's Soccer participation at PRHS is a privilege, NOT a right.

II. Eligibility

- a. Academic Eligibility
1. Each Women's Soccer team member must maintain a 2.0 GPA (grade point average).
 2. No more than one F is allowed.
 3. Academic Ineligibility
 - i. If any team member is academically ineligible, they may attend and participate in practices. They may attend games in a supportive but non-participatory role.
 - ii. A student determined academically ineligible may request academic probation twice (non consecutively) each school year. This must be agreed upon by the athletic director, coach and parents of the student-athlete.
 - a. Must have a 1.5-1.99 to request probation
 - b. Students must not have more than one F to request academic probation.
 - c. Athletic probation is granted after obtaining a form from your coach or the athletic office and obtaining the necessary signatures. This must be done prior to participating in any athletic events/practice
 - iii. Grades will be checked by the athletic office at the end of every grading period, including progress reports.
 - iv. Once grades are pulled, you have approximately 2-3 days to rectify any issues or incorrect grades and submit a review to the athletic office.
- b. Summer/Preseason Camp, Preseason Conditioning and Tryout Eligibility - In order to be eligible to compete in our athletic programs you must complete the following steps prior to the first day of practice.
1. All participants must register online with Home Campus and save information.

2. Upload physical form to your Home Campus registration.
 3. You will receive a confirmation when your athlete is cleared to attend any practices or competitions.
- c. Varsity Letter Eligibility
1. In order to be eligible for a Varsity Soccer letter, you must train and participate in games with the Varsity Soccer Team for a minimum of half of the season's league play.
 2. Only one Varsity letter will be given to student-athletes. A soccer ball patch will be given to student-athletes who letter in Varsity Soccer for the first time. Additional year bars will be given to student-athletes who letter in Varsity Soccer in subsequent years.
 3. JV letters will be issued to the JV team players and a certificate will be issued to Frosh team players.

III. Teams

- a. Selection
1. Team selection will be made by the coaching staff after the tryout process has been completed. Tryouts will take place in late February 2021.
 2. All student-athletes not still competing in a Fall sport must complete and participate in the entire tryout process.
 3. Student-athletes competing in a previous season sport and who are unable to attend our normal tryouts may choose to take a two week sit out period and can arrange a separate tryout with the coaches.
- b. Teams
1. There will be three teams (as long as we have enough student-athletes and are able to provide enough games): Varsity, Junior Varsity and Frosh.
 2. Selection will be based on overall scores which include effort, and performance along with an assessment of their physical and mental soccer skills.
 3. Team placement will be determined by the coaching staff based on the tryout performance along with the overall positional needs of each team, as well as which team will allow the most player development for the individual.
- c. Team Goals and Objectives
1. Varsity - the primary goal of the Varsity team will always be winning our league and advancing as far in CIF as possible. Our objective is to train and play high-level team soccer with all players contributing to the success of the team. Playing time is not guaranteed at the varsity level.
 2. JV and Frosh - the primary goal of the JV and Frosh teams is player development and training our athletes to be prepared to play on our Varsity team. Our objective is to train and play the same high-level team soccer that we do at the Varsity level with all players contributing to the success of their respective team. For the JV and Frosh team having a winning season is great but not the primary goal. Skill development and learning the sport of soccer is our goal. We want our athletes to have a positive experience, prepare and develop the student athlete to be able to make Varsity in subsequent years.
- d. Captains
1. Captains will be selected by the coaching staff after careful observation prior to the start of the soccer season.

2. Captains are required to complete the NFHS captains online course.
<https://nfhslearn.com/courses/captains-course>
3. Captains should be the best example in words and actions. Team members should respect the actions of the captain(s).
4. Captains should not encourage any form of gossip or negative activity among team members but encourage camaraderie at all times.
5. Should a captain engage in activities that do not exhibit good conduct of a Bearcat athlete or go against the school or team code of conduct, they will be placed on probation using a BRICK form. Should the captain violate the code of conduct again, they will be removed from their captain status.
6. Captains will be in charge of:
 - i. Being a good positive leader.
 - ii. Leading the team in stretching and warm up exercises.
 - iii. Assisting in communications between the coaching staff and the team.
 - iv. Motivating the team, being a positive role model and holding themselves and teammates accountable.

IV. Soccer Event Attendance

- a. Summer Camp is for individuals who are enrolled at PRHS for the following school year and are considering trying out for PRHS Bearcats Women's Soccer in the upcoming school year. It is intended to introduce them to the program and help prepare them for tryouts. Participation is not mandatory and it is not a formal commitment to be on one of our PRHS Bearcat Women's Soccer teams.
- b. Preseason Conditioning is for individuals not competing in a fall PRHS sport. It is intended to help prepare them for tryouts and is strongly encouraged, but not mandatory. If the student athlete is training with a non high school soccer team, it is recommended they come on off nights.
- c. Tryouts - attendance is mandatory. The only exception is for student athletes still competing in a fall PRHS sport. Soccer gear should be worn to tryouts and shin guards are required.
- d. In-season Training
 1. All training sessions are mandatory.
 2. Bearcat Women's Soccer will normally practice every weekday that doesn't have a game scheduled.
 3. Additional training sessions may be called by the coaching staff to help prepare for competitions/events. Prior notice will be given and all efforts must be made to attend additional training.
 4. All work schedules and appointments must be made around the training schedule.
 5. You MUST call/text the coach(es) if you are going to be absent. Do not ask another student to relay your message about your absence.
 6. If you have a medical excuse, you are still expected to attend practice (if medically reasonable) and participate in a supportive (coach assistant) role.
 7. In order to return to participation after a doctor's medical excuse note, you MUST bring your coach a Medical Release note from your physician allowing you to return to full participation, and be cleared by the PRHS Athletic Trainer.. You will not be allowed to participate without this release.
- e. Game Day of Attendance:

1. You may not participate in a game if you were absent more than $\frac{2}{3}$ of the school day.
 - i. Must attend 4 out of 6 classes on a regular day
 - ii. Must attend 2 out of 3 classes on a block day
2. If you miss a training session prior to a game, it may affect your playing time. If you choose to not attend the game, without a medical excuse, it may affect your playing time in the next match.
3. If you miss more than one training session per week, without prior approval from the coach, you may not be allowed to play in any games that week. You will still be required to attend the game in uniform and support your team. If you choose to not attend the game, without a medical excuse, you may be benched for additional games.
4. Missing two or more games without prior approval may result in benching from all games until after a student/parent/coach meeting can take place to discuss potential problems and solutions.
5. Being late to practice is unacceptable.
 - i. Tardies of 30 minutes or more will be treated like an unexcused absence, without prior notification and approval from the coach..
 - ii. Tardies less than 30 minutes will be dealt with extra conditioning/duties.
 - iii. If tardies become habitual, playing time may be affected.

f. Games

1. Soccer Season

- i. The Winter Soccer season starts near the end of October, the week after Tryouts.
- ii. There will typically be two games per week.
- iii. Players are expected to attend all games and tournaments (home and away).

2. Post Season

- i. When you leave the team, either at the conclusion of the season or prior to that point, for whatever reason, you must return all borrowed uniform items or you will assume the cost to replace those items.
- ii. An exit survey will need to be completed for the athletic department.
- iii. If you are removed from the team prior to the end of the season or choose to leave the team voluntarily, you will not be granted a letter/bar and will not attend the end of the season banquet.

V. Apparel and Uniform

a. Spirit Packs

1. All PRHS Women's Soccer players are given the opportunity to purchase a Spirit Pack which will include:
 - i. Two Long-Sleeved Training Shirts
 - ii. Personalized Team Hoodie Sweatshirt

b. Training Attire

1. For safety reasons and reasons of conformity, we require each participant to dress appropriately. All PRHS Soccer players are to be prepared for training by having and wearing the correct items or they may not be allowed to practice. If

they are not allowed to practice due to attire, they will receive an unexcused absence.

- i. Please wear the following to every training session:
 - a. Soccer shorts/warm-up pants and training shirt - preferably a Bearcat Soccer training shirt. No club shirts please.
 - b. Cleats, shin guards and soccer socks.
 - c. Bringing sweatshirts/hoodies and sweatpants is recommended, especially for later training times.
- c. Game Day Attire
 1. Uniform jerseys and shorts will be provided to all players and team warm-ups will be provided based on availability. All must be returned at the end of the season.
 2. All players are expected to bring their complete uniform attire (including both jerseys) to all games.

VI. Behavior and Discipline

- a. On-Campus/In school behavior
 1. You are a direct representative of both PRHS and PRHS Bearcat Women's Soccer. You are also a representative for all other school staff and team members. You are expected to behave in the best manner possible.
 2. Bad or disruptive attitudes will not be tolerated. If it becomes a continuing problem it may result in dismissal from the team.
 - i. Suspensions and Detentions are administered by the PRHS administration based on both academic and behavioral deficiencies. Both directly influence the success of the soccer team. You are to behave accordingly to avoid being suspended or given detention. If you are given a suspension or detention you may be suspended from practice or games.
- b. Off-campus behavior
 1. Your off-campus behavior can negatively impact the PRHS Bearcat Women's Soccer team. Please remember that you ALWAYS represent PRHS and our team. Any behavior that is illegal may lead to benching or removal from the team. PRHS administration is responsible for determining the level of reprimand.
 2. Illegal substances, including but not limited to, alcohol, tobacco and illegal drugs use are strictly forbidden. If you are attending a school/sporting event and are under the influence or have substances in your possession you may be dismissed from the team.
- c. Social Media
 1. All forms of social media should be considered permanent.
 2. PRHS Bearcat Women's Soccer team members should maintain the utmost respect for themselves, PRHS administration/staff/faculty, student body and parents.
 - i. This includes all forms of social media, etc.
 - ii. Spreading gossip and initiating and/or entertaining cyber bullying activities will NOT be tolerated. Participation in such activities may result in disciplinary actions and possible removal from the PRHS Bearcat Women's Soccer team.

- iii. Pictures posted on the internet for ANY reason should be school and age appropriate (Always ask yourself, "Would my Mom, Dad, Grandmother, Coach) be proud of me if they saw this picture/comment").
- iv. We encourage parent(s) to frequently monitor social media posts from their child.
- v. PARENTS: Please respect the privacy of all minors on the team and refrain from texting/calling/emailing/messaging student-athletes other than your child. Parents should only contact other adults (coaches, parents, administrators).

VII. Transportation

- a. Traveling to games
 - 1. All team members must travel to away games/tournaments in the school approved transportation.
 - 2. Team members are expected to behave in accordance to all school policies while being transported and while at the opponent's game site.
 - 3. There is to be no changing of clothing while in the school bus! Failure to follow this rule may result in disciplinary actions.
- b. Return travel from games
 - 1. Students may travel home with an adult IF that adult is listed on their FamilyID file with the athletic office.
 - i. Changes to Family ID must be made at no later than 24 hours prior to the event.
 - ii. The coach must SEE the parent/adult with the student-athlete before the student-athlete may leave with them and the parent must sign their student out with the coaching staff.
 - iii. All soccer players will be responsible for patrolling their area of the bus for trash and belongings when they leave the bus upon arrival back at PRHS.

VIII. Fundraising

- a. Fundraising will be made available to help reduce/eliminate the cost of spirit pack items, team travel expenses and PRHS Women's Soccer Team equipment.
- b. PRHS Soccer BBQ - done jointly with the Men's Soccer Team - is our biggest fundraiser of the year. Drink and cookie donations are requested for this event. All players are encouraged to volunteer at this event, and parent volunteers are very much appreciated.
- c. All fundraised money will be utilized to benefit all players in the Bearcat Women's Soccer program..
- d. All fundraised money will remain in the PRHS Women's Soccer account.

IX. Communication

- a. Band App
 - 1. Our teams will be utilizing the Band app to communicate with players. Students should download the app and sign into the group for their respective team. This is an easy way for coaches to communicate with students-athletes and notify them of last minute changes/details, or emergencies.
 - 2. Email will be utilized for communicating with parents (and players) for the majority of overall program and respective team communication.
- b. Phone Numbers and Texting

1. All soccer players and parents are expected to provide the most up to date phone numbers. If your information changes, please notify the coaches so that we may update your emergency and contact information.
2. You will also need to update any changing information with FamilyID
3. Please feel free to use email or the Band App to communicate with your coaches. Please remember that your coaches have families and to respect their time at home.

c. Communication Tips

1. Make sure you always communicate problems or issues as they arise, don't wait too long to address it.
2. Gossip and second hand comments can be very hurtful to all those involved. Be sure to go to the source of the information (a teammate or coach) if you want to be sure what was said/discussed.
3. Use appropriate language when speaking with others.
4. Be sure to examine the issue from all sides or viewpoints.
5. If you are very upset or emotional, give yourself time and space to cool down before confronting someone.
6. It is important for all parties involved to communicate effectively with each other. If the chain of communication is not followed, it may be difficult to effectively and quickly solve issues or problems that might arise.

i. Chain of Communication

- a. The soccer player should always discuss any issues, questions or problems with the coach before a parent is involved. We must help our student-athletes learn to solve their own problems and be their own advocate.
- b. If there is still a concern or issue, the parent(s) should communicate the issue with the coaching staff prior to involving the athletic director.
- c. If there is still a concern after the parents speak with the coach, a meeting should be arranged with the coach, the parents and the athletic director.