

# PPHS Boys Soccer - Student-Athlete Contract

First and foremost students who consider becoming student-athletes need to understand that they are students first and participating in inter-scholastic sports is an honor and a privilege. Participation in inter-scholastic athletics is not a right.

Second, students who choose to join the soccer program should understand that the team is a competitive, results based program. Per the PPJSHS athletic handbook, "Our coaches are to embrace two goals in all athletic endeavors: the first goal is to win..." Playing time and position is earned through development of skills during the season and during the post-season.

## School

1. Student-athletes will follow all school rules and meet all school expectations. They will be model students. This includes but is not limited to attending class, making good grades, being attentive in class, being respectful in class, etc. Students must have and must maintain a 2.0 GPA
2. Student-athletes will respect their teachers, the school, administration, aides, all employees at the school, the educational process, other students, and act with class.

**\*\* Failure to meet these expectations will result in consequences ranging from verbal admonishment to being removed from the team.**

## Training

1. Players are expected to attend ALL practices and or training sessions.
2. Injuries / Illness
  - a. Players who believe they are injured MUST see the team trainer immediately and follow all instructions provided by the trainer.
  - b. Injured players must attend practice and be attentive throughout. If the trainer approves fitness exercises they will be required to perform fitness exercises not affecting their injury in order to maintain or improve fitness levels.
  - c. Players who are sick need to be seen by medical professionals immediately and should not attend practices until cleared by a doctor.
  - d. Players who need treatment prior to training need to arrive 30 minutes early in order to receive treatment and still be on time for training.
3. Players will arrive before practice is scheduled to begin, in order to get dressed in appropriate footwear, shin guards, and practice gear.
4. Players will be attentive, cooperative, positive, compliant, and coachable the duration of every practice.
5. Players will remain at practice until dismissed.
6. Practice is not over until every athlete helps put away all training items.
7. There should be no phone use of any kind during practice.
8. Student-athletes will respect their teammates, coaches, managers, parents, and fans and act with class.
9. If a student-athlete misses a Saturday training session for ANY reason they will not be permitted to start the following game and will not be available to sub in for at least 10 minutes. If 2 Saturday sessions are missed the time becomes 20 minutes. If 3 Saturday sessions are missed then 40 minutes. The only exception to the increase in time on the bench is co-curricular activity participants.

**\*\* Failure to meet these expectations will result in consequences ranging from verbal admonishment to being removed from the team.**

## **Games**

1. On game day, players will wear the team clothing item the team chooses to wear.
2. Players will arrive for away trips 10 minutes prior to departure.
3. Players will arrive at home games 60 minutes prior to kick-off.
4. When traveling, athletes will follow and meet all school rules and expectations.
5. The bus is to be completely clean before the trip is considered complete.
6. Student-athletes may only ride home from an away contest with their parent or guardian.
7. Student-athletes will ride the bus to away games.
8. There will be no electronic devices permitted on the bench of home or away games.
9. The bench area will be well organized, bags will be placed in a central location in an orderly fashion.
10. Student-athletes will attend all games in which they are expected to attend.
11. Student-athletes will respect the other team, coaches, facilities, officials, fans, and act with class.

**\*\* Failure to meet these expectations will result in consequences ranging from verbal admonishment to being removed from the team.**

## **Fitness**

1. All players are expected to be able to complete level 12 of the yo-yo beep test and run 2 miles in under 14:00.01 during the first 3 days of August training.
2. Student-athletes will respect their bodies through proper nutrition, hydration, and preventative care. They will respect the training process and importance of fitness and act with class in doing so.

**\*\* Failure to meet these expectations will result in extra fitness tasks to be assigned and fitness sessions extended up to 10 weeks in order to achieve appropriate fitness levels.**

## **Mobile Devices**

1. Mobile devices such as phones represent a distraction from the present moment. During training and games we need our student-athletes tuned-in and 100% present for the duration of practice and time spent at a game.
  - a. Mobile devices will not be used from the time practice starts until after all equipment is put into storage.
  - b. Mobile devices will not be used between arriving at the game site until after the game is complete and the post-game meeting is complete.

**\*\* Failure to meet these expectations will result in consequences ranging from verbal admonishment to being removed from the team.**

## **Student-athlete Attitude and Demeanor**

1. Soccer is a team sport. The essence of team sports is that an individual who chooses to participate on a team is willing to sacrifice their personal goals for what is best for the team. Sacrifice for the greater good is the single most important characteristic of great teams.

2. Players will maintain positive relationships with their teammates, coaches, teachers, administrators, parents, opponents, and officials.
3. Players will be attentive during instruction and be able to demonstrate competency and comprehension of tactics and strategies prior to contests.
4. Players will work hard and support their teammates.
5. Student-athletes will make choices at practice, games, school, and in the community that represent the best interest of the team.
6. Student-athletes will at all times act with class. They will respect their peers and the differences and similarities that make each of us unique.

**\*\* Failure to meet these expectations will result in consequences ranging from verbal admonishment to being removed from the team.**

## **Second Sports: Football**

1. If an athlete intends to kick/punt for the football team the rules for this are as follows:
  - a. Soccer is your primary sport
  - b. Athletes may not miss any August trainings in order to attend football practice
  - c. If an athlete chooses to kick/punt they will attend football practice between soccer sessions. Football and soccer never practice at the same time except during school.
  - d. Athletes will be excused for 1/2 of a single practice per week during the season and will coordinate with the football coach which day they will practice special teams. If they pick Wednesday during the season the athlete will report to soccer practice by 4:20 unless another time is agreed upon between the two head coaches. We play every Thursday of the season, this may be the best time to practice with the football team.
  - e. If a player gets a red card in soccer they must also miss a football game if the game is during the period where the athlete is suspended from soccer. This is an WVSSAC rule not mine.
  - f. If a player is hurt or injured and cannot participate in soccer practice they may not participate in football practice.

## **Second Sports: Cross Country**

1. If an athlete wishes to run cross country the coaches will coordinate workouts with the cross country coach. Athletes may have to miss cross country meets in order to attend games.

## **Jobs**

1. Players may work a job if they choose to do so. However, if practice or games are missed due to a job, the player will be suspended until a meeting can be scheduled with the head coach. This issue has been a distraction in the past. If this can potentially be an issue I would suggest the parents schedule a meeting with the coaches as soon as possible.

## **Concussions**

1. Return to play will be handled by our training staff. It is my recommendation that if a player is suspected of having a concussion they need to let OUR training staff evaluate them before attempting to be seen by another professional. Our

trainers will conduct the ImPACT concussion baseline testing once again before school starts, I expect all of our athletes to take part.

2. If a player is diagnosed with a concussion they must do the following:
  - a. Be seen by our trainer EVERY day, not negotiable
  - b. Athlete may not attend trainings or games while in the first two days of the protocol. They are expected to put themselves in a low stimulus environment after seeing the trainer. A low stimulus environment means no video games, no excessive use of cell phones, no TV. Athletes should be attempting to get back into action as soon as possible.

## **Learning Outcomes for the student-athlete**

1. All athletes will learn to be competitive while demonstrating acceptable levels of sportsmanship
2. All athletes will learn to accept responsibility for their errors or weaknesses.
3. All athletes will learn to accept criticism and offer criticism in a constructive manner.
4. All athletes will learn to act with class and a high level of sportsmanship in all situations.
5. All athletes will learn to accept their role on a team.
6. All athletes will learn to critically appraise their performance in a professional manner.
7. All athletes will learn that success can be measured in many ways, but success will never exist without patience and honest work.
8. All athletes will learn how to form positive relationships with their teammates and coaches.
9. All athletes will learn the importance of respect.
10. All athletes will learn how to communicate their thoughts with coaches and teammates in a professional manner.

## **Dealing with concerns**

1. There is a chain of command for student-athletes who have concerns regarding the soccer team. Failure to follow the chain of command will most likely result in a tense difficult relationship between the coaches and the concerned family.
2. If there are concerns the following should be considered the chain of command for meetings:
  - a. Athlete and coach meeting
  - b. Parent, athlete, and coach meeting
  - c. Parent, athlete, coach, and athletic director meeting
  - d. Parent, athlete, coach, AD, and building principal meeting

## **Special Note Concerning Consequences:**

1. When an athlete behaves in such a way that the coaching staff must issue consequences for poor choices the consequences are kept private. Nobody else on the team and no parents on the team are required to know what the consequences were. Only under persistent and extreme circumstances will a player be permanently removed from the team. We believe in doing everything we can to help shape the student-athlete into a positive contributing teammate.
2. Consequences for poor choices could be: verbal admonishment, coach/athlete conversation, extra fitness opportunities, loss of playing time, game suspension, multiple game suspension

## **Player Leadership Council**

Beginning in June of 2023, a Player Leadership Council will be created. The captain(s) will be in charge of this group. Being selected to this group will be considered an honor and will be considered part of the team leadership. The council will be made up of 4-7 players depending on the size of the team. No more than 1/3 of the team will be on the council. The council will:

1. Assist in forming and maintaining a positive relationship with players
2. Assist in forming and maintaining a positive relationship with supporters
3. Assist in forming and maintaining a positive relationship with boosters

By signing this contract, I acknowledge, I have read and fully understand the expectations placed upon me as a member of the PPHS boy's soccer team.

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**Player Signature**

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**Player Name Printed**

# PPHS Boys Soccer - Parent/Guardian Contract

When families agree to allow their child to participate in the PPHS boys soccer program they are doing so understanding that they DO NOT get input into the position their child plays, how much time their child plays, the manner in which the team is trained, and the tactics and strategies to be implemented during the season.

Our goal is to have a positive and constructive relationship with all supporters of the Point Pleasant Boy's Soccer Program. We feel like it is in the best interest of the student-athlete if the guardians/parents are involved in the program. In order to have a positive and constructive relationship with all parents/guardian the coaching staff believes we must set some expectations and offer suggestions for parents/guardians in order to make the experience constructive and positive for the student-athletes.

## Things we encourage:

1. Join the boosters organization and help out. The more active boosters we have the better it is for the student-athletes.
2. Attend the occasional practice
3. Attend all games
4. If you are unclear about something, ask questions... respectfully.
5. Follow the chain of command for concerns (see section on concerns)
6. Cheer positively for the team
7. Communicate effectively and positively with the coaching staff, other parents, fans, opposing fans, officials, and players.
8. Enhance the culture positively

## Things we discourage:

1. Coaching from the bleachers
2. Arguing with opposing team's fans
3. Saying anything to opposing team's players
4. Encouraging rough unfair play
5. Creating "your truth" comments to justify what's happening within the program
6. Using social media to air out concerns and/or posting "your truth" comments
7. Yelling, screaming at officials
8. Offering unsolicited advice regarding formation, tactics, playing style, and personnel topics

## Coaches Preferred Communication

I prefer that when parents/guardians have questions or concerns that these items be discussed in private and face to face. I do not like to engage in possibly tense topics via text or email. I believe the written word can easily be misunderstood and taken out of context.

## Dealing with concerns

1. There is a chain of command for parents who have concerns regarding the soccer team. Failure to follow the chain of command will most likely result in a tense difficult relationship between the coaches and the concerned family.

2. If there are concerns the following should be considered the chain of command for meetings:

- a. Parent and coach meeting
- b. Parent, athlete, and coach meeting
- c. Parent, athlete, coach, and athletic director meeting
- d. Parent, athlete, coach, AD, and building principal meeting

**Special Notes For Athletes Regarding Concerns**

- a. Assistant coaches should not be approached in order to solve issues or relieve concerns. The staff speaks with one voice and that voice comes from the head coach. We have in the past had parents or caregivers approach assistant coaches because they didn't get the answer they wanted from the head coach. We have also had people approach the assistant coaches in order to get them on their side. We are an extremely tight staff. Concerns, questions, issues can be left with assistants however the response will come from the head coach.
- b. If you choose to air your issues or grievances out on a public forum through social media then the coaching staff will assume that is the venue you wish to have this discussion and you should be prepared to receive a direct response on social media. Social media is NOT the appropriate forum for solving team based or program based issues or grievances. But if a parent or student-athlete chooses this route, do not be shocked when the coach offers a response on social media.

By signing this contract, I acknowledge, I have read and fully understand the parent contract for the PPHS Boy's soccer team.

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**Student-Athlete Name Printed**

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**Parent Signature**

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**Parent Name Printed**