



2021
VALLEY VIKINGS SOCCER
ATHLETE/PARENT HANDBOOK

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I. COACHES PHILOSOPHY

PREPARE, TRAIN, IMPROVE, SUCCEED

It is very important to us that each athlete not only have the opportunity to play soccer, but also focus on their school academics as well. Every member on this team will need to have a general understanding of the game, and also have values it takes to prepare, train, improve, and succeed.

All coaches will ensure that Valley Girls Soccer are upheld to these values. We will provide an up-tempo atmosphere in training and practices which will allow for creativity and be welcoming of varying skill levels to allow athletes the proper foundation for development. Coaches will also be consistent in practice by preparing the students with training that involves match play situations. It is very important that each coach takes notes during match day to provide such training.

Athletes will be challenged each day in practice and will be expected to provide self-discipline as well as self-motivation to accomplish tactics and techniques given by the coaches. As a team, this will help us to grow and develop into a well-established soccer program.

Our approach to success will be in our never-ending pursuit of improvement. Each practice, game, and season will present opportunities for both coaches and athletes to improve their skills.

RESPECT, PROFESSIONALISM, SPORTSMANSHIP

Coaching staff, athletes, and parents will adhere to a high level of professionalism while representing Valley High School.

Coaches and athletes will be respectful to the referees as well as the opponents at all times.

ACADEMIC PRIORITIES AND OPPORTUNITIES, INTEGRITY, DISCIPLINE

Coaches have also allotted athletes to work on academics prior to each practice. It will also be the responsibility of the athlete to manage their time to finish any homework/projects required by VHS teachers.

Coaches will not discourage or punish student athletes for academic reasons. This includes but not limited to; test taking, homework, classroom projects, etc. Athletes will also notify the coaches prior to practice if they need time off to work on large projects/homework required by VHS teachers/instructors.

COACHES coach, PLAYERS play, REFEREES officiate, PARENTS cheer

These are the roles and responsibilities of the team and officials. Everyone will do their part on this team to the best of their ability. Coaches will ensure that everyone maintains good sportsmanship. When everyone does their part to help the team, it sets us up for success.

II. LETTERING REQUIREMENTS

Players wishing to earn a varsity letter in soccer must fulfill the following requirements:

1. Dress for all varsity matches
2. Play 30 minutes of the matches on game days
3. Attend all practices (unless approved for emergency/academic reasons prior)
4. No disciplinary proceedings
5. Remain academically eligible
6. Return all school equipment/apparel without damages

Coaching staff withholds the right to make exceptions to the requirements in cases of academic reasoning, injury, illness, emergency situations, or other circumstances approved by the coaching staff.

III. WEATHER

Parents, here in Albuquerque, the weather is constantly changing. We have access to the National Weather Service and we will use our best judgement to monitor the weather. If any of the following occur, this will cause a weather cancellation, delay in practice or movement indoors (if possible):

- Flash flood warnings within VHS area (heavy rainfall and/or lightening)
- Hot days (above 104 degrees)
- Cold days (wind chill below 13 degrees)
- Heavy snowfall

Lightening Policy

Coaches and athletes will move to the Valley High School Gymnasium at the first sign of lightning or thunder. If we cannot reach the gymnasium, we will take shelter in any vehicle(s) with a hard metal roof and closed windows. If indoors, we will stay away from any walls, windows, plumbing, and electrical devices attached to the walls. If in a vehicle, avoid contact with the metal frame and radio use. No outdoor activities are to be resumed until 30 minutes after the last sign of lightning/thunder. For every sign observed, the 30 minute timer is reset, and practice may have to be cancelled.

In the event that a cancellation, delay or movement happens, we will notify the team and parents with the Band App and Group Me accounts as soon as possible to help in the transportation of the athletes.

IV. PRACTICES

Practices are very important for us a team. Missed practices will cause student athletes to miss out on what we as coaches are trying to accomplish. **Athletes are expected to participate in all practices unless approved prior with the coaches.** Athletes will be required to have the following items with them to each practice:

1. Soccer shoes
2. Shin guards
3. Soccer socks that cover shin guards
4. Appropriate clothing (refer to section VII)
5. Water
6. Goalkeeper gloves (keepers only)

All athletes are expected to be on time and dressed for practice. Our schedule is very short, so everyone will need to be ready to practice. Athletes are also required to attend school during the day to be allowed to participate in practice that day. Most practices will be at Valley High School, with the exception that we may have a run day elsewhere. Time and location will be sent to the parents and athletes a week prior.

Here is what our practice schedule will look like beginning August 9th – October 20th, 2021:

- Monday 4:30-6:00 pm
- Tuesday 5:30-7:00 pm
- Thursday 5:30-7:00 pm
- Friday 4:00-5:30 pm
- No practice for holidays (Sept. 6, “Labor Day” & Oct. 11, “Indigenous People’s Day”)

As we mentioned before, academics is very important to our coaching staff, and to the athletes as players. School will end about 2:30 pm each day. Athletes are expected to use the time after school until the time we start practice to work on any homework they need to do.

V. GAME DAY

Athletes will be required to attend school the day of a game to be eligible to participate. Players will be expected to be at the games 45 minutes prior to the start of the game for pre-game warmups and sign in. Away game travel times will be determined by the Athletic Director and the coaches will inform all the players and parents of bus time departure prior to the day of the match. Players are expected to be on time, as the bus cannot wait for late players. Players who arrive late or do not show up, will not be allowed to participate in the match.

Athletes will be given time at the field to stretch and warmup prior to every game. Athletes are expecting to use this time wisely to help reduce injury.

In the event that we have a JV and Varsity, both teams will support each other. Coaches will also need an assistant to record stats and game play shots.

VI. PLAYING TIME

Every player who participates in Valley Girls Soccer will get the opportunity to play during the season. Games present athletes with challenges that we can simulate in practices and therefore provide an ideal situation for improvement. Playing time will also give the athletes a better understanding of the following:

1. Player skill level and performance (compared to teammates)
2. Work ethic, performance, and attitude in practice and in games
3. Opposition's skill level
4. Ability to apply techniques and tactics learned in practice to game situations.

Coaching staff will not honor playing time requests from parents/guardians. Athletes are encouraged to approach the coaching staff with playing time concerns.

It should also be noted that a reduction in playing time may not necessarily be a reflection of something they did wrong, but rather a reward for a teammate who has earned the opportunity to play more.

Keep in mind that all athletes will get a chance to play, however, playing time should never be taken for granted and can change drastically from game to game.

VII. TRAVEL

Athletes are to display appropriate behavior on the bus while traveling to and from away games. Players who fail to do so will face consequences or lose the privilege of traveling with the team. Buses will be left in the same condition as they arrived in and athletes will take all garbage from the buses with them to throw out.

Athletes are responsible for being on time when traveling on a bus. Coaches will notify all athletes and parents of bus departure times. Athletes will also be required to ride the bus home. Athletes are responsible for arranging transportation home from Valley High School after away games. Coaches will not leave any athlete behind. All attempts to contact parents/guardians will be made if athletes are not picked up 15 minutes after arriving to VHS.

VIII. UNIFORMS, ATTIRE, AND EQUIPMENT

Each athlete will be issued a school soccer home and away jersey and shorts. It is the athletes responsibility to properly care for uniform items throughout the season and return them in the condition they were issued.

Uniforms are only to be worn at games and other functions approved by the coaching staff. Athletes will not wear uniform items at practice or for recreational purposes. Athletes will incur any and all replacement costs due to lost uniform items and/or any damage(s) to uniforms that were not soccer related.

Athletes using school equipment (balls, ball bags, cones, pinnies, etc.) must do so in an appropriate fashion. Athletes will be responsible for damaged caused to school equipment for misuse or negligence.

Approved Game Attire

Jersey, shorts, socks, soccer shoes, shin guards
Warm-up Jacket/Pants (if needed)
Warm-up Shirt (pre-game)
Long sleeve (must match jersey color)
Head bands
Athletic braces
Athletic tape

Un-Approved Game Attire

Any tops/bottoms not listed on the left
Jewelry of any kind
Wristbands
Any other articles not approved by coaches

Approved Practice Attire

Soccer shoes and shin guards
Soccer socks
Short/long sleeve t-shirts
Jackets and sweatshirts
Shorts
Beanies (winter hats)
Gloves
Any items listed in "Approved Game Attire" except jerseys

Un-Approved Practice Attire

Apparel depicting or promoting illegal activities
Jewelry of any kind
Sunglasses
Jeans
Inappropriately fitted clothing
Any other articles not approved by coaches

IX. INJURIES AND ILLNESS

Athletes who have suffered an injury, to include a concussion, will report it to the coaching staff immediately. Athletes will be referred to the athletic trainer for evaluation during the school day. Injury evaluations will not be done after school unless scheduled by Ms. Shelton. Athletes who do not report injuries in a timely manner risk jeopardizing their athletic experience with further injury. An athletic trainer will be on hand during all matches to treat any in game injuries.

Athletes who choose to seek the advice of a medical doctor (other than Valley High School athletic trainer) must then be cleared by that medical doctor and then cleared by the athletic trainer prior to returning to participation. Ms. Shelton will add them to the injury report and will notify the coaches of their clearance, there is no exceptions to this policy. At no time, will the athlete turn the doctor's notes into the coaches. All evaluations turned into Ms. Shelton from a doctor must have the following information, or Ms. Shelton will not accept it:

1. Student's name
2. Diagnosis (what they were seen for)
3. Status (full, limited, rehab plan, discharge)
4. Provider's signature and credential (approved providers = NP, PA, MD, DO)
5. The "Physician Evaluation Form" on Valley's website will need to be filled out and turned into Ms. Shelton.

Illnesses, to include COVID-19, must be reported to coaching staff immediately. Any illness that could be contagious to members of the soccer program must be reported, especially if your athlete tests positive for COVID-19. Athletes will be excused from practice/games due to confirmed illnesses. Athletes who test positive for COVID-19, or come in contact with someone who has tested/symptoms of COVID-19 will need to quarantine for 10 days before they return to play and need to be cleared by a medical doctor with a written clearance. This must be provided to the athletic trainer before players can resume participation.

Athletic Training Room Hours:

- Monday 12:05-12:35 pm, 7th Period 1:35-2:25 pm (athletic classes only), 2:25-3:00 pm
- Tuesday 12:05-12:35 pm, 2:25-3:00 pm
- Wednesday 12:05-12:35 pm, 7th Period 12:42-2:25 pm (athletic classes only), 2:25-3:00 pm
- Thursday 12:05-12:35 pm, 2:25-3:00 pm
- Friday 12:05-12:35 pm, 7th Period 12:42-2:25 pm (athletic classes only), 2:25-3:00 pm

Return to Play – Concussion

6 Phases – Only one can be completed per day, phase 1-4 must be supervised by Ms. Shelton.

1. Asymptomatic for 24 hours
2. Low level of activity – stationary bike 10 minutes
3. Moderate level of activity – stationary bike 10 minutes, jog 5 minutes
4. Heavy level of activity – jog 10 minutes, jump rope 5 minutes
5. Full contact practice
6. Game / Unrestricted activity

Athletes must check in with Ms. Shelton before they can proceed to the next phase. This will be noted on the injury report.

A doctor's note cannot replace the "return to play" process.

Return to Play – COVID 19

6 Phases – Only one can be completed per day, phase 1-2 must be supervised by Ms. Shelton.

0. Approved healthcare provider completes NMAA COVID 19 Medical Clearance Form (approved providers = NP, PA, MD, DO)
1. 2 days of light activity – stationary bike/job for 10-15 minutes
2. Simple movement activities ≤ 30 minutes (no resistance training) – running/agility drills (≤ 80% max HR)
3. More complex drills/light resistance training ≤ 45 minutes (no live play) – non-contact drills (≤ 80% max HR)
4. Normal, non-contact training ≤ 60 minutes – non-contact practice (≤ 80% max HR)
5. Full, non-contact practice; no time or heart rate restrictions
6. Full contact practice (games do not count)

Athletes must check in with Ms. Shelton before they can proceed to next phase. This will be noted on injury report.

A doctor's note cannot replace the "return to play" process.

X. ROLE OF THE PARENTS

Parents/guardians and family members of athletes, please encourage your athletes in a positive manner throughout their athletic season. Parents, just like athletes, represent Valley High School and should refrain from inappropriate language, behavior, during soccer related functions including; matches, meetings, banquets, and fundraisers.

Conduct during matches will be especially scrutinized and any spectator interfering with the match in any way will be asked to leave the school grounds. Parents, family members, and any other spectators should NOT:

- Question calls made by the game officials
- Engage opposing players, staff, and/or spectators in a verbal or non-verbal manner
- Suggest a course of action for our own players in an attempt to "coach" from the sidelines
- Engage in behavior that would reflect negatively on Valley High School as well as its athletic program and those involved with it

Parents wishing to discuss any aspect of their student athletes experience should approach the coaching staff in an appropriate setting. Parents who wish to get involved with the soccer program are encouraged to do so by contacting the coaching staff regarding fundraising, booster club operations, banquet, or any other team operation(s).

XI. TEAM AWARDS

The following team awards will be given each season to athletes who have put forth the effort and has earned them while on Valley Girls Soccer:

Varsity

- Most Improved Player
- Offensive Player of the Year
- Defensive Player of the Year
- Assist Player of the Year
- Golden Boot award
- Golden Glove Award
- Upcoming Team Captains (to serve the following season)

Junior Varsity

- Most Improved Player
- Offensive Player of the Year
- Defensive Player of the Year
- Assist Player of the Year

- Silver Boot Award
- Silver Glove Award

All awards will be decided by the coaching staff and not all awards may be given each year.

To be eligible for team captain, an athlete must be currently either freshman, sophomore, or junior on the Varsity team. Athletes must demonstrate they can lead without being granted captain status in order to be considered for the following year.

Coaching staff withholds the right to make exceptions to the above requirements in case of injury, illness, or other circumstances approved by the coaching staff.

XII. VIOLATIONS, OFFENSES, AND CONSEQUENCES

Valley girls' soccer has a zero-tolerance policy regarding drugs, alcohol, and tobacco. Athletes will be suspended from athletic competition for acts which include but are not limited to the above names illegal and unlawful activities. Coaching staff will refer to the Valley High School Code of Conduct with regards to consequences for drug and alcohol violations. Coaching staff reserves the right to impose additional restrictions or consequences if deemed necessary for these offenses.

Violations of team rules or other detrimental conduct will be handled on a case-by-case basis. Other violations include but are not limited to:

- Academic violations
- Being late to practice or games
- Fighting (at games or practice)
- Inappropriate conduct on team bus or at team functions
- Damage to school or personal property
- Disrespectful or defiant attitude
- Threats to personal safety
- Conduct that interferes with school or team activities

Athletes should expect no playing time as a form of punishment for these types of violations. Athletes should never do anything to risk jeopardizing the playing time they get.

Red and Yellow Card offenses will also be handled on a case-by-case basis by the coaching staff. Yellow card cautions are only acceptable for physical play within the rules of the game that is deemed too dangerous by the referee. Yellow cards for the following are not acceptable:

- Dissent to opponents or officials
- Intentional fouls
- Fouls with intent to injure
- Swearing

Athletes who receive a yellow card for any of these offenses can expect further consequences from the coaching staff.

Red card offenses are never acceptable under any circumstances. Athletes who receive red cards will be on immediate suspension from competition until coaching staff determines an appropriate punishment for the offense.



Valley High School Girls Soccer
Acknowledgment and Agreement Form

I, _____, acknowledge that I have read, and do hereby agree to the terms and conditions written in this student/parent handbook. I understand that if I have any questions regarding this handbook, I will make an appointment to discuss my concerns with the Head & Assistant Coach.

Athletes Signature: _____

Parent/Guardian Signature: _____

Date: _____