



CEDAR HILL HIGH SCHOOL MEN'S SOCCER

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Remind 101- Enter 81010 and Text @chhs-horns

Twitter- @ChisdSoccer

Mission

To create a player centered environment where players develop on and off of the field. Our development is categorized in 5 Pillars. These include Tactics, Technique, Physical, Mental and Character. Through our curriculum, we will continue to grow players in each of these pillars, as well as create problem solvers who learn through guided discovery. In doing so, players will develop not only as soccer players but as every day citizens who lead with character and integrity.

Program Policies and Guidelines

Failure to honor these program policies could result in a variety of reminders, which may ultimately include removal from the program. Being a member of this program is a privilege, not a right. We must earn each other's respect daily. Choose to win the day!!!

Practice

- Be on time
- Wear appropriate practice uniform (Red, Black, White, or Grey.) Appropriate size shin guards must be worn at practice.
- No jewelry of any kind (This is to help prevent injuries during practice and games).
- No profanity or fighting with team members and coaching staff, etc.
- Email/message the head soccer coach in advance if you are going to be late to practice, or if you are going to be absent from practice.
- Unless you have a written doctor's note, approval from the athletic trainer, or the head coach's approval in advance, you are expected to dress out and participate in team practice every day.
- Always practice the way you are going to play. Serious attitude and work ethic is essential during training.
- Any student that either chooses to quit or is dismissed from the program will be required to run 45 miles over a period 15 school days before they are re-admitted. (Players may be allowed to participate in the process of being readmitted at the coach's discretion) This may only occur once in the student's high school career.

Injury

- Any and all injuries must be reported to the coaching staff immediately and trainer immediately. It is recommended that you not go to the doctor without seeing our athletic trainer first.
- Injury declared soccer student-athletes must follow their scheduled athletic treatment on a daily basis.

- Injured declared soccer student-athletes are expected to observe team practices and attend all team games.

Locker Room

- Be sure to take your soccer cleats off before entering the field house or locker room.
- Keep the soccer locker room clean at all times.
- Build relationships and treat our custodial staff with character
- Keep all personal belongings in your locker at all times.
- Keep your locker locked at all times.
- No hazing at any time.

Personal Property

- Cedar Hill High School and CHHS Soccer Coaching Staff are not responsible for any missing, stolen or damaged personal property.
- Student-athletes are encouraged **NOT** to bring any kind of jewelry, large amounts of money, or anything of significant value to athletics.

Classroom/Campus

- Be on time to your classes.
- Show up to each class fully prepared for learning and quality academic performance on a daily basis.
- Follow teacher instructions and classroom rules at all times.
- Establish quality relationships with your teachers immediately.
- I encourage you to sit in the front of the classroom.
- Always be polite and respectful to all of your teachers regardless of any situation and circumstances.
- Be well prepared for tests and other class evaluations.
- Turn in all of your class assignments and class projects on time. Zeros will ruin your class average.
- Be certain to be proactive make up all missing assignments that you may have missed during absences.
- Keep up with all of your class averages and grades. Communicate with your teachers on a regular basis about your grade in each one of your classes.
- Schedule and attend before or after school tutorials in the classes you are experiencing academic difficulties.
- Maintain a minimum of a program 90% passing rate.
- Be familiar and follow all campus guidelines, policies and procedures at all times.
- Always be polite and respectful to all school staff regardless of any situation and circumstances.
- Let the head soccer coach know in advance of any school problems/conflicts you may be facing, Example: Detention, ISS, Suspension, etc.

Academics

- Report cards serve as an official grade-report. When a student-athlete fails one or more classes on his report card, he will go under academic review. In this case, the head soccer coach will review the student-athlete's academic attitude and overall effort. The head soccer coach will inform the student-athlete through a scheduled conference.
- Failure to follow the steps listed under the "Classroom Policies" may result in dismissal from the soccer class.

Off the Field

- Surround yourself with people who display character. You are the average the 5 people you hang around the most.
- Do not put yourself in situations where you are in the wrong place at the wrong time.
- Display character and respect on a daily basis.
- The use of any alcoholic beverages, tobacco products, possession of, use of, or distribution of any illegal drugs or steroids is prohibited.
- Any participation in criminal activity (defined by the law), of any kind is prohibited.
- Soccer student-athletes are expected to serve as positive role models and productive citizens on and off the field at all times.

Equipment/Uniforms

- All uniform items will be checked out to each selected student-athlete prior to the start of the soccer season.
- Student-athletes and their respective parents/guardians will sign the bottom of the uniform items check-out form, acknowledging and accepting responsibility for the return of all uniform items given to the student-athlete.
- Any lost or damaged uniform items/gear must be paid in full.
- Soccer student-athletes may NOT wear game uniform items at practice.
- Soccer student-athletes are prohibited to let others wear/borrow their uniform items at any time for any reason.
- You are responsible for all the equipment issued to you. Any player that does not return all issued equipment will be added to the fine list. It will be their responsibility to pay for the items not returned.

General Conduct

- Players must understand that being a member of the CHHS Soccer Team is a privilege, not a right.

- Players will conduct themselves in a manner that positively represents the program, and the community.
- Players should, at all times, respect each other, the coaches, teachers, administrators, officials, parents and their opponents.
- It is important that you take care of yourself both physically and mentally. This means maintaining a high level of physical fitness, getting enough sleep, eating a well-balanced meal and studying hard. Players are expected to treat their bodies with respect and not do anything that could harm them in any way.
- Players at all times should focus on preparing themselves mentally and physically to play games and /or practices. They should not be concerned with other team members, as it relates to questioning playing time. This is not negotiable and as stated before, you should always respect, support and encourage your teammates.
- If a player misses a practice, it is his/her responsibility to make up the practice before the next game. This is not a punishment but only a way to keep the players continually striving to be their best. This will ensure that players will not decline in skills. A makeup practice will consist of: conditioning, drills pertaining to the missed practice and ball control/ or a make-up mile (4 laps). Make up practices will be no longer than 45 minutes.
- If a player is employed outside of school, he/she must provide a work schedule. It is also every player's responsibility to let the employer know his practice and game schedule in advance. Players should not miss training/games for work.
- Players will be expected to follow the Athletic Code of Conduct and the School Code of Conduct at all times.
- If a player gets in trouble inside or outside of school, they need to let the coaching staff know as soon as possible. No Exceptions!!

Practice/Games

- It is vital that we maximize our time together as a team; therefore, players should be ON TIME for all team functions. If players are going to miss a session for any reason, then need to let the coaches know in advance. The player will also have make up work for the missed session. The player will not be able to play in the next match until the makeup is completed.

Team Travel

- Everyone is required to wear the travel attire as designated by the coaches/team captains.
- Keep the travel bus and locker rooms clean.
- When traveling to away games, players will be allowed to return home with parents or guardian if they give a form to their coach in advance (Team Travel Form). Players are strongly encouraged to travel as a team. This creates a bond between team members that is important to help them be successful. Win as a team and lose as a team!
- While attending team functions on the road, be respectful and courteous of others at all times. Ex: "Yes sir", "Yes ma'am", etc. Remember, you are representing our community.

Team Fitness

- Our primary goal for this coming year must be to improve our technical, tactical, physical, mental, and character skills. These physical skills include aerobic and anaerobic conditioning, speed, agility, balance, strength, and flexibility. Each individual must be prepared to play the full 80 minutes.

Discipline

It is incumbent on you, as a member of this program, to abide by the policies set forth. It is at the discretion of the coaching staff as to the disciplinary action that will be taken if the policies are not abided by. The level of disciplinary action will depend on the policy not abided by and whether this is the first offense or a recurring behavior pattern that is detrimental to the team. Ultimately, the decision will be made by the coaching staff.

PARENT EXPECTATIONS

Concerns

- When scheduling a meeting with a coach concerning your son, please give at least a 24 hour notice.
- No meetings will be held directly after a game.
- No coach will meet about other players, coaching philosophy, or playing time. However, if a player has a concern about playing time, we can discuss areas of improvement. And hope that you as parents encourage them to come speak with us first. Remember, it is not the eleven best players, but the eleven players that *work together* the best!
- Follow the chain-of-command: 1. Your sons' coach, 2. Head coach, 3. Athletic Coordinator, and 4. Athletic Director

Conduct (Game Time)

- Please be respectful of all players, coaches, opponents, and officials.
- Please refrain from coaching or directing your child or other players during all games. Your advice may conflict with that of the coach. Give positive remarks and encouragement only. Make sure your son knows that win or lose, you love them, appreciate their efforts and are not disappointed in them. This will allow them to do their best without fear of failure. It's important that know how to handle both wins and losses with character.
- Please refrain from harassing and derogatory comments to the officials. This is embarrassing to the player and team.
 - Remember we are all here to teach. Sometimes calls are hard to take, and can be a test of control. Learning to deal with disappointment is a valuable life lesson that can be modeled by us.

- Please do not degrade any coaches in front of your child. The worst thing a parent can do is tear down the coach, criticize their decisions, and complain about their leadership. Parents are needed to support the head coach and their staff. If your son is receiving mixed messages from two different authority figures, He will likely become torn between the two.
- Try to be completely honest about your sons athletic ability, attitude, and actual skill level. Do not unfairly compare him to other players on the team.

Booster Club/Community Activities

- Parents are needed to participate in volunteering their time and raising money needed to sustain the needs of the soccer program, regardless of the amount of playing time given. We really need your support in this area and cannot do this without you.
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ACKNOWLEDGEMENT OF PROGRAM POLICIES, GUIDELINES AND ATHLETIC SOCCER CLASS SYLLABUS

Our signature below indicates our full understanding of the policies and Guide lines set forth by the Cedar Hill High School Soccer Program. In addition, our signature below indicates our full understanding of the athletic soccer class syllabus.

STUDENT-ATHLETE'S NAME (Print): _____ DATE: _____

STUDENT-ATHLETE'S SIGNATURE: _____

PARENT/GUARDIAN NAME (Print): _____

PARENT/GUARDIAN SIGNATURE: _____

Equipment/Gear

I am responsible for all issued off-season equipment/ gear regardless of season. I also will abide by the equipment items policy.

STUDENT SIGNATURE _____

PARENT SIGNATURE _____