

**Spring Lake Park Girls Soccer
Player/Parent Handbook
Fall 2023**



Coaching Staff:

Mindy Daugherty- Varsity Head Coach

Ashlee Sluzewicz- Varsity Assistant Coach

Allie Knutson- Junior Varsity Co-Coach

Michael McNelly - 9th/10th Team Co-Coach

Whitney Fenne- 9th/10th Grade Team and Junior Varsity Co-Coach

Kari Torgeson- Goalkeeper Coach

Program Values:

Our program values are made up each season by the current players. However some of the values that are consistent each year are as follows:

- **Positive Attitude:** Showing up with a positive attitude each day, regardless of what is happening on or off the field. Soccer is an outlet for putting outside stressors aside to have fun playing the game you love with your teammates.
- **Hard Work:** Give 110% every day you show up. Get the work done, be committed to getting better and helping others get better. Your hard work will pay off.
- **Supportive:** Be supportive of your teammates and give yourself grace as well.
- **Improving:** With it being a short season, we want to use our time wisely and improve everyday. This means working hard to better yourself and your teammates.
- **Enjoyment:** Don't forget to enjoy what you are doing. Find the fun and passion in the sport when necessary.

Coaches Mission:

To provide a complete soccer experience and education for players, while emphasizing the importance of technique, tactics, physical wellbeing, positive psychology, fair-play, character and self-training through the creation of a competitive soccer environment that places a premium on personal responsibility, integrity, good sportsmanship and commitment to teamwork.

Coaches Responsibilities:

To ensure no matter what team a player makes, the athlete feels valued. To bring a wealth of knowledge of the game to practice and not be afraid to try new things. To strive to collaborate with coaches to ensure the best experience for each player.

General Schedule:

- **Practice:**
 - **Time:** Determined by coach
 - **Location:** NSC (fields 48 & 49)
 - **Travel:**

- **To Practice**- 7th and 8th graders will have a shuttle from the middle school to the high school and then any 9th-12th graders will be picked up and shuttled to the NSC
 - **From Practice**- all players need to be picked up from the NSC
- **Games:**
 - **Home Games:**
 - SLP Stadium: Varsity
 - NSC (fields 48 & 49): 9th/10th Grade Team and JV
 - **Away Games:**
 - As noted on the schedule
- **Game Schedule:**
 - [Game Schedule Link](#)

Parent Expectations:

- Support the Program: The goal of the program is to develop character in our players that create skills that help them be successful adults, each member of this program should be completely supportive of this goal. The coaches, parents, and support staff should help each other in the positive development of the young adults in the program. .
- Support Academic Progress: Make it a point to regularly monitor your child's academic progress. It is important to make sure that players stay caught up on school assignments. We have a program goal of a 3.5 for each player.
- Support Rest and Nutrition: It is essential for the body to have proper nutrition, hydration and rest in order to play at top levels. Student athletes should be getting 7-8 hours of sleep per night (minimum) and it is important to have proper meals and hydration before and after practices and games.
- Understand the Role of Parents: The role of the parent in the program is to support their child and contribute to the positive development of the athlete academically, physically, mentally, and emotionally. This does not include speaking negatively about other players or coaches in the program, being disrespectful to referees, or participating in play calling.
- If and when there are questions or comments regarding your daughter please wait 24 hours after a game/practice to contact the coach.

Player Expectations and Responsibilities:

- Players are expected to give their best effort in all that they do this includes (but is not limited to):
 - School Work
 - Practices
 - Games
 - Fundraising
 - Extracurricular Activities

- As members of the Spring Lake Park Girls Soccer Program, players represent their families, their team, their school, their community, and themselves and are expected to conduct themselves in an appropriate manner. We expect our players to carefully consider their actions at practice, in games, in school, on social media, and out in the community.
- **Practice Expectations:**
 - We have a limited amount of time to prepare for each game; attendance at practices is critical to game preparation. Any absence should be communicated to your coach ahead of time. Missing practice for any reason may change playing status.
 - All practices begin on time; it is a good habit to always be at practice at least 10-15 minutes early with all necessary equipment. Practice sessions are designed to be up-tempo, competitive, and fun, players are expected to have a good attitude and to work hard!
 - Players must come prepared with all necessary equipment:
 - Soccer cleats
 - Shin guards
 - Weather appropriate apparel
 - Tennis shoes
- **Game Expectations:**
 - Games are the time when your hard work at practice pays off.
 - Players will be on time to all pregame activities and bus departures.
 - Players will participate in pregame warm-ups. This means that any requirements needed by the athletic trainer such as taping needs to be done before the field is taken.
 - Players will come to each game prepared with all the appropriate equipment and mentally prepared for the game.
 - Ride the bus to and from the game with the team.
- **Behavior Expectations:**
 - We have zero tolerance for disrespect toward coaches, teammates, referees, or opponents. Anyone acting inappropriately will be dealt with by the coaches; inappropriate conduct may result in reduced playing time, further disciplinary action, or removal from the team.
- **Off the Field Conduct Expectations:**
 - Players are expected to stay caught up on their school assignments and maintain at least a 2.0 average. (This is a C average) But let's strive for higher. There will be a mid-season check on each player's GPA by the coaches.
 - Players will be expected to follow all school and Minnesota State High School League rules. This includes any alcohol/tobacco/drug policies.
 - Players are expected to conduct themselves in an appropriate manner in all out of school situations. Being part of our program is a privilege, not a right, your conduct reflects our coaches, our players, and our school.
- **Injuries:**

- Soccer is a contact sport that can result in a variety of injuries to players. Players must understand that they are risking injury by playing soccer and take the necessary precautions. Anytime an athlete is feeling pain or feels discomfort of any kind she must make the coaches and trainer aware of her situation so that the appropriate care can be provided. All injuries no matter how small will be handled by the training staff once reported. The trainer should be consulted before a player is taken for advanced injury by a doctor. Any player who is under medical care by a physician will not be allowed to participate in any practice sessions or games without written clearance by the doctor. All injured players that cannot take part in practice or in games will still be required to be at practice or games.

Team Policies:

- ***Fundraising:***
 - ALL players are expected to participate in one or more fundraising opportunities/events throughout the season. Events dates and details will be shared by the Booster Club.
- ***Violation of Minnesota State High School League Rules:***
 - Violations of the Minnesota State High School League Rules will result in suspension based on the guidelines set up by the MSHSL.
 - 2 violations of MSHSL Rules within a time period from the end of the previous school year through the end of the season will result in suspension based on the MSHSL Rules plus the possibility of dismissal from the team.
- ***Attendance at Practices and Games:***
 - We have a limited amount of time to prepare for each game; attendance at practice is critical to game preparation. Any absences should be communicated to your coach ahead of time. Missing practice for any reason may change playing status.
 - If a player must miss a practice or a game, they must be excused by the coach. Family obligations and doctor appointments are acceptable excuses for missing practice. Work is not an acceptable excuse, please make sure that your work schedule is set so that it will not interfere with practices or games.
 - Consequences for unexcused absences will be set by team coaches.
- ***Academic Policy:***
 - As coaches we value school success, it is important that players keep their grades at a 2.0 GPA. To make sure that players are keeping up on their grades, the coaching staff will do grade checks throughout the season. If a player does not keep up on her school assignments, she will be suspended, without loss of position, until the grades are made up. The 2.0 level is the level set by the school district to remain eligible to play.
- ***Selection of Teams:***
 - The initial rosters will be chosen by the whole coaching staff after the tryout sessions.
 - Players will be evaluated on:

- Technical Abilities
 - Tactical Abilities
 - Physical Abilities
 - Mental Abilities
- Rosters are NOT frozen until the Section Roster is turned in after the last regular season game. As a result there can be changes to the roster throughout the season due to injuries and the development of players at all levels.
- Players may be asked to play on multiple level teams throughout the season.
- The Varsity Roster cannot exceed 22 players for any game during the season. This number is set by the Minnesota State High School League and the National Federation.
- **Selection of the Varsity Roster:** The players who rate the highest during tryouts will be placed on the varsity roster. Players will be evaluated by all coaches on their technical and tactical abilities. Roster spots are not frozen. We pride our program on getting girls playing time so some players who are on varsity may play on lower level teams for half a game in order to get more game time. This is not a bad thing, it is to help you improve as a player.
- **Playing Time:**
 - 9th/10th Grade Team (7th-10th Graders): All players will play in every game, barring any disciplinary actions or injuries. This play time may not be equal but all will play.
 - Junior Varsity (7th-12th Grades): At this level playing time will vary and will not be equal.
 - Varsity (7th-12th Graders): At the varsity level playing time will vary and will not be equal. Playing time is a privilege not a right, if players want more playing time they need to earn it. On field play is important to the coaching staff which is why we ask players who are not getting much playing time to play with junior varsity as well so they have the opportunity to have field time.
- **Transportation:**
 - Buses will take athletes to away games, it is expected that players keep the buses clean and follow all district and state rules regarding bus travel. Bus rides provide safe transportation to and from games and allows teams to bond, discuss strategy and talk about the game. **ALL players are expected to ride with the TEAM to and from away games!**
- **Communication:**
 - We have an open door policy, anytime a player has a concern regarding any aspect of the program, they should first make arrangements to meet with their coach. Misunderstandings and problems can be cleared up quickly and efficiently this way.
 - Coaching staff will not entertain line up and playing time discussions with players or parents on the day of a game.
 - Communication Flow Chart:
 - Player conversation with their Coach
 - Player conversation with their Coach and Coach Mindy
 - Player & Parent conversation with their Coach and Coach Mindy

- Player & Parent conversation with the Athletic Director, Coach Mindy and other Coaches if applicable
 - 24 Hour Rule:
 - Before talking to coaches, give yourself time to think about your questions. Emotions run high after games and it is best to think about the most appropriate way to ask your question. None of us are our best selves in the heat of the moment.
- **Lettering Policy:**
 - General criteria for lettering: Players must enter into three halves of a varsity soccer game or a player has 100% attendance as all varsity team functions beginning the first official day of the MSHSL season. Records are kept by coaches/managers.
 - Alternate method of lettering: Seniors who don't meet general criteria who have been in the program for three consecutive years or more.
 - Consideration for injuries or illness (lost time): A determination will be made by the coaching staff on whether or not they would have normally lettered if not injured or ill.
 - Consideration for discipline and suspension (team and school): If a player is suspended for a violation of school or MN State High School rules, the player will NOT be eligible to letter.
 - Consideration of unexcused/excused absences from practice/games: Unexcused absences will require a review by coaching staff to determine if lettering is still a possibility. Four total unexcused absences (games and/or practice) will disqualify you from lettering eligibility.
 - Consideration for drop-outs, terminations: Players must complete the season in order to letter.
 - Consideration for those not on the team as start of season will be based off of a discussion with coaching staff.

Varsity Specific Team Policies:

- **Attendance at Practices and Games:**
 - Attendance at practice and games is mandatory. This means arriving at the times set by the coaching staff. If a player must miss a practice or a game, they must be excused by the coaching staff. Family obligations and doctor appointments are acceptable excuses for missing practice. Work is not an acceptable excuse, please make sure that your work schedule is set so that it will not interfere with practices or games.
 - Consequences for Unexcused Absences:
 - 1...will not start the next game
 - 2...will not play next game

- 3... will sit out for two games and have a conversation with family

- **Selection of Varsity Team Captains:**

- Any player who has played Varsity in the current season is eligible to be Captain for the upcoming season.
- Players will vote for captains, there is no minimum, or maximum, amount of captains a team may have.
- Additional captain(s) may be chosen by the coaching staff.
- Parents of the Captains are suggested to be part of the Spring Lake Park Girls Soccer Booster Club if their time allows.

- **Captain Expectations:**

- Captains are expected to set the example of how to work on and off the soccer field.
- They are expected to work as hard in class as they do on the soccer field. They are not expected to get straight A's, but are expected to do the best that they can.
- They are expected to be in class, and at practice, on time.
- They are expected to communicate with coaches about things that are happening with the team. This includes positives and negatives.
- They are expected to get practice started with the warm up and make sure all of their teammates are doing it properly.
- Captains are not expected to be the best players on the field. They are expected to play the best they can and lead by example.