



West Fargo Girls Soccer 2025

Player Handbook and Team Policies

West Fargo Packer Girls Soccer

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It is an honor to be a piece of the West Fargo Packer Girls Soccer Program.

Collectively, we will act as a professional group that works hard on and off the field to positively represent West Fargo High. Teachers, coaches, players, officials and others will be treated with the greatest respect as we compete, travel and conduct ourselves in class. Being punctual, studious and gracious are qualities that we will possess as a program. Individuals acting in a way that differs from our programs main ideas will be dealt with accordingly.

Being a student-athlete begins when one wakes up, and ends when one goes to bed. It is a full-time job. It is not just the sport of soccer, but rather waking up, eating breakfast, attending school on time, training, practice, dinner and homework. Student-athletes need to learn to effectively juggle their schedules, and I'm proud of all student-athletes that are able to work through their busy schedules.

Our goal as a staff is to treat all players like professionals and be able to open important lines of communication with all players. When players and coaches can communicate specifically and effectively it leads to positive relationships that lead to success on the field.

Academic Standards

Student first, soccer player second!

- Teachers should want soccer players in their classroom as it will be our goal to be the best students we can be. Lead in the classroom, lead on the field.
- Grades are monitored and sent out from the high school at various times during the school year. Players with unsatisfactory grades can be deemed ineligible from the school.

Tardiness

- Tardiness is something we take seriously as it is a simple task to be on time. West Fargo Girl Soccer players should be to class on time. Teachers should not have to deal with our student athletes being late. While winter conditions, accidents and emergencies happen, I urge players to call the school or myself in those situations as some situations are out of our control.
- One tardy is forgiven, the next tardy will cause that player to miss a period. If it continues to be an issue we will deal with the situation as a staff.

Game and Team Rules

- Players will be at scheduled practices, games, team functions and buses on time.
- All players are required to be at the designated arena no later than one hour prior to the start of the game.
- All players will be required to have proper gear, food and drink prior to games and practices.

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- All players will return home from away games on the bus with the team. Other circumstances cleared by the coaching staff will require the West Fargo High School Release form.
- Jerseys will be held by the players and kept with pride. Hang your jerseys, keep them clean and have pride in the green and black.
- Individual, selfish and detrimental actions during games, practices or other team events will result in a loss of playing time if we have individuals that are affecting the team.
- Any player that misses a practice or a game without any notice will miss game time.
- It is the expectation of the captains and coaching staff that players are home by 10 PM on the night before a game. During nights when we may not have a game or team event the next day players are urged to make smart decisions and conduct themselves in a professional manner. As stated, being a student athlete is a full-time job!
- **** Any player not in attendance ALL DAY can NOT participate in practice or games. Exceptions – other school activities or Dr./Medical appointments**

Dress Code

- When we travel, players may travel comfortably, although before leaving the bus we will wear our team warmups provided to the players.
- It's cold out! DRESS WARM! Please wear the proper clothes to stay warm and healthy, we don't need ladies sitting out because they are sick because they chose not to keep themselves warm outside.

Injuries and Illness

- Coaches need to be notified of any injuries/illnesses as soon as they occur. Players must contact a coach or captain to inform them of an absence for any reason including missing school due to illness or family emergency.
- The player is responsible for making sure the messages are passed on to the coaches.
- Coaches will work closely with players, parents, athletic trainers and doctors to attempt to ensure that no player's participation in practices or games goes beyond his capabilities or hinders his recovery from illness or injury.
- After a professionally treated injury, the player MUST have a release form before being allowed to participate in practice or games.

Lettering Policy

- All players who participate in at least half of the varsity games will receive an athletic letter for that year.

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Other notes

While I realize the season is short and things can change in a hurry. I, again, urge players to work to communicate with their captains, coaching staff and parents. We are a big family, and we all must work together to move messages and changes amongst each other. As a staff we see huge value in positive conversations with players day to day. With that level on communication we can work that no messages go unheard or unseen. A main goal of ours is that everyone is on the same page!

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Coaches
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