



Oakmont High School Girls Soccer

Oakmont Girls Soccer Contact Information

Oakmont High School Information:

Oakmont High School
1710 Cirby Way Roseville, Ca 95661
916-782-3781
Mascot: Vikings
School Colors: Columbia/Navy
League: Foothill Valley League (PVL)

OHS Girls Soccer Coaches:

Head Varsity Coach: Stephanie Paulsen
916-782-3781 x2207
spaulsen@rjuhsd.us

Head Junior Varsity Coach: Kelly Bohren
916-782-3781 x2210
kbohren@rjuhsd.us

Assistant Coaches: Grace Myles and Emma Vasquez

OHS Athletics Administration:

OHS Athletic Director: Tim Moore
916-782-3781x2500
tmoore@rjuhsd.us

OHS Vice-Principal of Athletics: Sondra Myles
916-782-3781x2014
smyles@rjuhsd.us

OHS Assistant Athletic Directors:
Paul Martinez - pmartinez@rjuhsd.us

OHS Principal: Marc Buljan
916-782-3781x2002
mbuljan@rjuhsd.us

OHS Girls Soccer Booster Information:

The Oakmont Girls Soccer Booster Club serves a vital role in the program through its activities to support various aspects of our soccer teams. The Booster Club helps to coordinate communication between parents, fundraising activities, staffing events, and more to help the coaching staff provide the best experience we can to our players while abiding by all school district, and section rules and regulations. The Booster Club meets regularly throughout the school year and is governed by a group of officers elected from parents within the program. All parents are encouraged to not only attend meetings but to step up and help assume a leadership or coordinator role within the group. Please support your daughter and our program by attending and volunteering for positions within the Booster Club. For more information please contact Coach Stephanie Paulsen.

OHS Girls Soccer Player/Parent Contract

Vision

The Oakmont Girls Soccer program aims to provide the best possible experience for players, parents, and coaches. Oakmont Girls Soccer will use the game to engage young women in an effort to positively shape the next generation of leaders in our community. Simultaneously we will seek collective and individual excellence in our athletic pursuits for each group of young women that competes for our community on the field daily. We will do this by emphasizing key fundamentals on and off of the field which lead to success as individuals, team members, and members of society as a whole both locally and beyond.

Player and Parent Expectations

It is an earned privilege to represent Oakmont High School and the community of Oakmont as a member of Vikings Girls Soccer. With that comes a set of expectations for those who earn the privilege of wearing the uniform. These expectations are foundational to our overall success in meeting our goals both on and off the field. We also have high expectations for our parents because we know you play a vital role in the success of our program. We understand that we cannot succeed without the service and support of our parents. We would like to invite parents to participate in our culture this year by helping you to understand our expectations and principles. Please take the time to learn and adhere to the expectations and policies found below and in the player contract that each player will sign when final rosters are made and that can be found at the end of this syllabus.

Player Expectations

All successful athletes have certain characteristics in common. They are usually the ones who work the hardest in practice and in the off season, ultimately resulting in the development of natural “leaders” of their teams. However, being expected to lead can be an uncomfortable situation for many. Few players are comfortable telling others what they’re doing wrong, or what they should be doing right. Few players want the responsibility of making sure their teammates are being held accountable. Yet this is the most valuable ingredient every successful TEAM must have – bold, vibrant, intentional players leading AND following.

The nature of our program provides players with the opportunity to mentally prepare themselves to be successful in each day’s challenges and emphasizes the individual player’s daily responsibilities as listed below:

- Athletes will maintain a positive attitude and work ethic both on and off the field.
- Athletes will treat officials, opponents, teammates, and coaches with dignity and respect.
- Athletes will refrain from engaging in any negative verbal or nonverbal communication.
- Athletes will not engage in or instigate dangerous play or attempt to cause injury.
- Athletes will take responsibility for and accept the consequences of their choices, actions, and behaviors.
- Athletes will speak to their coach directly if they have any questions or concerns.
- Athletes will notify their Head Coach as soon as they know they may be suffering from an injury.
- Athletes will notify their Head Coach as soon as they know they will be unable to attend a function and/or event.
- Athletes will work to ensure they not only meet but exceed the academic requirements for participation.
- Athletes will be on time for and attend all team/program functions and/or events unless PREVIOUSLY excused by the coaching staff.

- Athletes will conduct their personal lives in a manner that brings honor to themselves and the team. This includes school activities, self-respect, healthy behaviors and social responsibility (including social media).
- Athletes will communicate their availability in an accurate and timely manner as set by their coach.
- Athletes are responsible for arranging transportation to games and practice, unless told otherwise by their Head Coach. If a player needs a ride to a game, she will communicate with her teammates to find transportation.

Any violation of these expectations will be dealt with on an individual basis by the coaching staff and/or school administration with consequences including, but not limited to loss of playing time, suspension, or removal from the team.

Attendance of Program Events

The soccer season begins in November and runs into February. During that time span, there will be events (practice, games, community outreach, skills sessions, etc.) almost every day during that time. There will not be any events scheduled for Sundays, Thanksgiving Day, Christmas Day, or New Year's Eve/Day. Athletes are expected to attend ALL team events, even those that take place on weekends, school holidays, or during holiday breaks. As stated previously it is the student-athletes responsibility to notify their Head Coach as soon as they know they will be unable to attend a function or event via Remind or in person (not text message or relayed through another student). If a student-athlete misses an event it will affect their playing time and position within the team and can include, but is not limited to, loss of playing time or suspension/removal from the team. Please refer to the athletic handbook for questions regarding school attendance requirements for participation by a student-athlete in events.

Attendance at all practices, team meetings, and games is mandatory. While injured players may be unable to play, they are still expected to arrive on time/stay the entire practice, observe training, encourage teammates and maintain a positive attitude, and assist the coaches in setup and cleanup. The coach, parents, or doctors may determine that resting at home or attending therapy is more beneficial to the player's recovery. If an athlete is out of play for three consecutive practices with an injury, a doctor's note is required before they can participate in training again.

Parent Expectations

As a coaching staff, we look forward to a friendly, professional, and productive relationship with every parent and family that we have the privilege to work with. As such, we ask that you please be supportive. When making decisions we as a coaching staff have an entire program to consider in our decision-making process, yet we will strive to value each individual in the same manner when making decisions for the program.

Despite this, there are always issues that arise over the course of a season, many of which we recognize that coaches will need to address with both players and families. It is our expectation of all coaches that they are as open and communicative as possible with all those connected to our program; however, coaches will not discuss some topics with parents or those outside the coaching staff or OHS administration at any time. These are:

- Playing time — This is a coaching staff decision and is not negotiable.
- A player's role in the program or program level of participation, with the exception of players being asked to "play up"- this will be discussed with both player and family before a final decision is made.
- Strategy — This is a coaching staff decision and is not negotiable.
- We will not discuss other players with parents.

Our feeling is that in essence if you talk about strategy or playing time, you are talking about other players in a roundabout way. Strategy involves hiding weaknesses and playing to strengths which are based on personnel. Playing time is limited in quantity and as such, if a parent were to lobby successfully for an increase, it must take it away from another player. To avoid these situations we as a coaching staff will not discuss these topics with any family member. If you have further questions on this please direct any concerns in regards to these policies to Head Varsity Coach Stephanie Paulsen.

In an effort to best support the development of our players on and off the field, we ask that parents acknowledge and abide by the following expectations:

- Families are expected to support and respect their student-athletes, as well as all the student-athletes in the program.
- Families are expected to refrain from making derogatory comments to players, referees, or coaches.
- Families are expected to know and follow the policies and procedures laid out by the OHS Girls Soccer Staff, OHS administration, and RJUHSD.
- Families are expected to support and participate in fundraising efforts that provide the funds that allow us to run the program in a manner that benefits not only their student-athletes but all those involved in our program.
- Families are expected to assist with game administration and tournament matters such as ticket sales, snack bar duties, score keeping, clock operation, videotaping, and other duties as necessary.
- Families are expected to communicate with coaches when they have concerns or questions using the established communication guidelines found in this contract. There is a mandatory "24 hour rule" before communication or a meeting will take place.
- Families are expected to refrain from coaching their child or other players during all games and practices.

Contact Procedures

If your son has a concern that he shares with you, please first ask him if he has spoken to the coach about it. We would appreciate your son extending us the courtesy of seeing the coach he has a concern with first. As coaches, we are not perfect, but as coaches, it is our job to deal with any problem that affects the program. We would appreciate hearing concerns directly from your son. If you as a parent feel the need to contact a coach, it is best to call or email and leave a message if they are unavailable. If you have a major concern that cannot be handled over the phone please follow the guidelines below:

• Never approach the coach before or after a game or practice, unless it is a matter of emergency for the physical well-being of a student-athlete. Coaches will remind you of these procedures and not address your concerns when approached like this.

• Please contact the Head Coach of your student-athletes team via phone or email to arrange a meeting to discuss an issue and allow 24 hours for a response. When you meet there may be more than one coach or a school official present for the benefit of all parties involved.

• If you have an issue that you feel needs to be addressed please use the following the chain of command to address the problem if you feel that it has not been resolved at the previous level:

- Contact and meet with your student-athletes Head Coach
- Contact and meet with Head Varsity Coach Stephanie Paulsen
- Contact and meet with OHS Athletic Director
- Contact and meet with OHS Assistant Principal- Athletics
- Contact and meet with OHS Principal

Practice

In-season practices will be held almost every day we do not have a game. The practice schedule is designed in conjunction with all levels of the Boys and Girls soccer programs and other OHS and RJUHSD programs; therefore, it requires some flexibility on everyone's part to make it work and we appreciate your understanding. The coaching staff works to deliver the most accurate practice schedule as early as possible, however, last minute changes may need to be made and winter weather tends to have a large impact on our schedule, resulting in last minute time and location changes for practices and games. Again, the coaching staff will work to get updated information out to players and families as quickly as possible and flexibility from families and players is much appreciated in the event that schedule changes do occur.

Practice Protocol

Practice is designed to teach and reinforce the skills, concepts, and schemes we will be using in games, thereby making attendance and participation extremely important. An athlete's playing time will in large part be determined by their performance in practice on a daily basis. Therefore, it is absolutely essential that all player's attend every practice. In order to reinforce this belief, we are instituting the following attendance policy:

Excused Absences will include:

- **Mandatory School Functions-** Mandatory school functions that cannot be scheduled at another time will be excused. Students have many responsibilities in the classroom and other activities. However, it is expected that players will schedule meetings, practices, test makeup, etc. around soccer practice whenever possible. Please notify the head coach in advance when potential schedule conflicts arise. Coaches can and will ask for notes from teachers and doctors to confirm the event.
- **Illness-** If a player contacts their coach and they have not attended school due to illness they are excused.
- **Injury-** If a doctor, because of injury or illness, withholds a player from practice, she is still expected to come to practice to continue to learn and to encourage the team unless otherwise directed by the doctor or coach. Players will not be allowed to resume participation until the head coach receives written clearance from the player's doctor.
- **Family Emergencies-** Obviously there are situations in life that we cannot always anticipate. However, if a player is going to miss practice for a family-related reason, the player should contact the head coach before the beginning of practice if at all possible.

All other absences, unless specifically cleared by the head coach in advance, will be considered unexcused.

Consequences of Unexcused Absences: Unexcused absences and other disciplinary issues will be handled on an individual basis at the discretion of the coaching staff. Possible consequences may include but are not limited to, loss of playing time, suspension, temporary reduction of role, or dismissal from the team. **Players who miss practice, regardless of reason, jeopardize their playing time. Team repetitions and conditioning are critical for our success on the field and cannot be duplicated through making up practice.**

Non-Team Member/ Non-School Officials Attending Practice

Practice is a closed event to outside visitors due to the belief by the coaching staff that often an outsider's presence can be a disruption and a distraction to the student-athletes. Anyone who enters a practice or team

meeting who is not a guest of the coaching staff or a school official will be asked to leave. If you have a question regarding this policy please speak with Coach Stephanie Paulsen directly.

Substitutions and Playing Time

Playing time is always intended to allow us to field the best possible team at all times. Though we typically rotate players, the minutes assigned to each player may vary greatly. It is possible that some players may play the entire game while others share minutes as necessary or even do not receive minutes in multiple games. It is important to note that in order to be considered for playing time, individual players must demonstrate an understanding of the responsibilities of their position, their role while on the field, and the game plan for that particular opponent before they will be inserted into a game situation. This knowledge is demonstrated in practice.

League Participation Rule

The league restricts individual players to a total of 28 contacts throughout the season. Athletes are able to play up at a higher level, then return to their original level at any point throughout the season. For example, a Junior Varsity athlete may be asked by the coaching staff to play up a level or down a level, depending on the needs of the program the day of the contest. Athletes are only able to participate in one contest each day and cannot play for both JV and Varsity in the same day. Coaches will commit to communicate any roster changes and invites to the athlete and parents at least 24 hours in advance.

Playing Time

As a general rule, the coaching staff is reluctant to discuss playing time issues with parents. I can assure you that we have thought thoroughly through every decision we make in regard to our strategy, game planning, and playing time. Understand that our responsibility is to do what's best for the team. Often that will require individual sacrifice from individual players on the team.

If a player is frustrated by a lack of playing time we would prefer to frame that conversation around the following questions:

1. What can the player do to improve as a player?
2. What can the player do to help the team?
3. What can the player do to make her teammates better?

We would prefer to have these conversations with the individual players before involving the parents simply because the player must show improvement to earn more playing time. That allows us the best opportunity to communicate directly with the player and allows the player to take responsibility for the situation. That is not to say we will not have these conversations with parents, it is simply to say that we want to communicate with the players first to help them be successful.

That being said, if you have questions about our program philosophies, our offensive or defensive systems, or decisions we have made regarding the team please use the system of communication outlined earlier in this handbook. We will do our best to be prepared and to be fair with each player, but please understand that we will make mistakes just as our players will during the season. We will strive to learn from those mistakes and to improve as coaches just as we would expect our players to do.

Playing Time Disqualifiers

- Athletes do not maintain athletic eligibility per RJUHSD athletics. See grades below.
- Breaking team rules for game-day attendance, conduct at school, attendances at practices, etc.
- An athlete does not understand or execute the responsibilities of their position. Players must know their responsibilities on the field at all times.
- Players must demonstrate enthusiasm for the team while on the bench. Those players who do not show support for their teammate's effort, or do not demonstrate that they are engaged will not be substituted into the game.
- Displaying any attitude that is detrimental to the team in practice, on the bench, in the locker room, on the bus, etc.
- Showing disrespect toward coaches, teammates, officials, or our opponents. Examples would include but are not limited to, complaining to the officials, receiving a technical foul, playing "dirty", taunting, using profanity, not helping others, etc.
- Violating the school's eligibility policy or code of conduct.

These behaviors may result in immediate substitutions in game situations. Regardless of skill or status, a player who violates any of these rules may forfeit playing time and/or a starting position. It is vital that players understand these policies.

Grades

To encourage and promote academic excellence, all students participating in RJUHSD athletics shall demonstrate satisfactory minimum progress in meeting the requirements of graduation by undertaking the prescribed course of study and meeting the standards of proficiency established by the District.

The requirement has two elements. To be eligible for participation, the student:

- Must have earned an overall minimum 2.0 grade point average on a 4.0 unweighted grading scale during the preceding grading period (weighted grades are not used to calculate eligibility per the CIF Bylaws); and
- Must have passed five of six (traditional schedule) or three of four (4x4 schedule) classes during the preceding grading period. Any student taking only three classes must pass all of his/her classes to be eligible on the 4x4 schedule. A "Pass" grade in a Pass/Fail Class is the equivalent of a "C" grade for calculating GPA. A 2.0 scale will be used to determine eligibility based on the total number of classes taken.

Grade checks will be done each Friday by the coaching staff. If a student is not receiving a passing grade in each one of their classes, coaches will require the student to attend extra interventions that may result in missing practices. As stated earlier, missed practices may result in the loss of playing time.

Transportation

For most events, it is the student-athletes responsibility to arrange for transportation to and from the event location. This includes both practices and games. (Please see Practice section above for more information on consequences of absences.) Over the course of time, we have found that if parents will support one another through pre-arranging transportation that it alleviates a lot of the issues. Coaches cannot assign players to ride with others or transport themselves under district and state policies and laws.

In the few cases where we are provided district transportation we will notify players and families well in advance. In those times we have a couple of key policies that will apply when the distance and times of some events allow for the coaching staff to arrange for RJUHSD provided transportation:

1. If a student-athlete takes district transportation to an event they can only be released to their parents/guardian for a return trip.

2. A student-athlete can only be released to a parent/guardian for a return trip if the coach is given a written authorization saying the student-athlete will not be using district provided transportation on the return trip signed by the parent/guardian before they are transported to the event site.

Game Day Procedures

All players, regardless of level, are required to arrive one hour prior to kick off. For home games, this gives the athletes some time to help the coaching staff with field set up. Duties will include checking nets, filling ice buckets, setting up scoreboard, setting up flags, cones, and sand bags, and any other tasks the coaches need help with prior to the game.

Following games, each team is encouraged to enter the stands and watch the match to follow for the first half to support and cheer on the team. Following the first half, players are excused to go home. Varsity athletes will arrive early to watch the second half of the JV match, prior to the start of their warm-ups and game time.

Immediately following the Varsity game, all athletes are required to participate in post-game discussion as a team, then athletes will be assigned to help take down flags, empty ice buckets, put away sandbags, etc. on a rotational basis. (The roles will be assigned according to jersey number (1-4) one match, (5-8), the next match, and so on.)

Practice and Game Player Rules

- All players must change in the locker room.
- Players will arrive on time and dressed in the appropriate soccer attire such as shorts, cleats, shin guards, soccer socks, t-shirts, etc.
- Players will have their ball with them and pumped to the correct PSI before the start of practice and games.
- No jewelry or plastic/metal hair accessories of any kind may be worn while at practice or games.
- All players will be expected to help with any setup, take down or cleanup before anyone is dismissed.
- Phones will be set on silent and placed in the athletes bag at the start of practices or games and will remain in the bag until the entire team is dismissed. Injured players included.
- If a player misses a practice they will not start and may not enter the next game for at least the first 10-40 minutes.
- If a player exceeds the limit of **three** unexcused absences or **five** total absences, they may be suspended or removed from the team.

BSN

We have been very fortunate to be partnered with BSN for the past few years to provide high-quality product and equipment at reduced costs to our program and our families.

Uniforms

It is a privilege to wear the Oakmont uniform and represent our programs on and off of the field; therefore, uniforms are to be kept clean and washed after every game and when returned at the end of the season. Each uniform is assigned to one player. The player is to be the only one wearing it and they are responsible for maintenance of their assigned kit (bag, ball, and jersey tops). If any part of the kit is damaged or misplaced the player/parent will be expected to pay replacement costs. Please take care of them as it is difficult and expensive to replace these items and they are not always available for replacement which makes our team sets incomplete.

Lettering Policy

The Oakmont Letter (Varsity only) and emblem (all levels) patches are awarded to athletes each year. These patches are a symbol of pride at Oakmont and can be earned by completing the following:

- Athlete participates in **more than 60%** of all scheduled games
- Athlete completes the season with the team
- Athlete maintains a clean discipline record
- Athlete maintains academic eligibility as explained on page 8 and in the OHS Athletic Handbook

*Exceptions to any student-athlete earning or not earning a letter or emblem at the end of the season are at the discretion of the Head Coach (ie: injury, illness, etc.)

Conclusion

As stated in the opening section of this document, the purpose of the Girls Soccer program is to be a part of the overall educational experience for every participant in our program and to serve as a complement to the academic programs and mission of Oakmont High School. Through our combined efforts, we hope that all those participating in Oakmont High School Girls Soccer will have a positive experience as we seek to successfully compete at the highest levels possible, build relationships that will carry on into the future, and help those who participate to achieve their goals both in soccer and more importantly in life. Thank you in part for your help in assisting our program in accomplishing these goals. **Go Vikings!**

Oakmont High School Girls Soccer Player and Parent Handbook Agreement



Please read the information below carefully, check the appropriate boxes and sign the appropriate information.

- ☐ I have completed and returned the OHS Girls Soccer Parent Night Order Form
- ☐ I can locate the Girls Soccer Handbook and the Girls Soccer Calendar

We have read the Oakmont High School Girls Soccer Handbook and the Oakmont Athletic Handbook and understand the expectations and rules of the Girls Soccer program and Oakmont High School. We agree to abide by the policies and procedures discussed in the Handbook and will direct any questions that we have to Coach Stephanie Paulsen.

Player Name (Print) _____

Player Signature _____

Parent Name (Print) _____

Parent Signature _____