



**LEGACY GIRLS
SOCCER
2024 TEAM
HANDBOOK**

2024 Legacy Girls Soccer Handbook

Sabers Girls Soccer:

The responsibilities of a student athlete today are demanding and unending! She has obligations to her FAMILY, SCHOOL, TEAM, and to the COMMUNITY that cannot be neglected. This handbook is designed to help you meet your responsibilities. It is urged that you read it and follow it – not just the words, but also in spirit. In doing so, you will be a better student athlete and, more important, a better citizen.

THINGS TO CONSIDER

- You owe it to yourself to get the greatest possible good from your high school experiences. Your studies, your participation in sports, as well as other extra-curricular activities, all prepare you for your adult life.
- Remember that you assume a leadership role when you are a member of the Legacy Soccer Program. The student body and citizens of the community know you. **MAKE SMART DECISIONS!!**
- Developing a work ethic
- Ability to work with others to achieve a common goal **TEAMWORK**
- Importance of setting goals-**GOAL SETTING**
- Communication-Soccer is game of constant communication
- **Mental Toughness- Learn to handle failures and successes!**

Communication with Players:

1. Coaches shall have an individual meeting after the tryout process with each varsity player to discuss their role on the team going into the regular season. This may include:
 - a. Discussion with each player regarding the position(s) they play, the sport related skills/abilities they do well, and the skills/abilities where the coaches see room for growth.
 - b. Emphasis that roles may change/evolve based on improvement/regression of players as the season progresses. Playing time may change based on improvement/regression over the course of the season.
 - c. Emphasize and encourage players to come forward to coaches at any time during the soccer season with any concerns they may have.
2. Coaches shall have individual check-ins with players throughout the season. They shall occur during weeks 3, 5, and 7 of the season.
 - a. These check-ins may be very brief and not require further actions, or
 - b. They may reveal issues that require further discussions between players and coaches.
 - c. A sit-down meeting between players and coaches shall occur with any player that has questions/concerns about their current situation (playing time, injuries, coaching they are receiving, evaluation of their skills/abilities, etc)

3. The building athletic director will continue to administer an athlete survey at some point during the season to provide another opportunity for athletes to give feedback to coaches. Athletes are reminded that surveys are anonymous and that they should answer questions based on the entirety of their experience, not solely on one positive or negative interaction.
4. Upon completion of the season, coaches shall have exit interviews with each varsity player regardless of their status as a returning or graduating player. This discussion may include:
 - a. A recap/summative assessment of the players season regarding their progression/regression of skills, abilities, and performance
 - b. Coaching suggestions for off-season training and ways to improve skills, abilities, and performance
 - c. Offer an opportunity for players to provide input to coaches regarding the coaching they received, and the evaluation of the players' skills/abilities by the coaches.

Parent Responsibilities

1. Parents will treat players, coaches, opponents, and officials with respect and dignity.
2. All comments by parents and their guests will be encouraging and/or complimentary. Parents and guests will refrain from making comments about players' mistakes or errors.
3. Parents will refrain from posting inappropriate comments on social media about the team, players, coaches, referees, or other teams.
4. Parents will refrain from making derogatory comments to referees at any time.
5. Parents will discuss player and/or team concerns and problems directly with the Head Coaches.
6. These discussions will not take place until 24 hours after a game. **Meetings will not take place on game days OR if the athlete has not spoken to the coaches first.** A meeting will be scheduled with the Head Coach, Player and Parent to address any issue or concern. During the meeting, playing time, scheme, and comparisons to other players will not be discussed.
7. Parents will make sure their daughter is on time and attends all practices, meetings, and workouts.
8. Parents will support coaches and encourage their athletes to do the same.
9. Parents will be expected to take part in the booster club and fundraising activities.

Season Expectations:

- All meetings, practices, and games are mandatory, work should be scheduled around practice times and games. Understand that the spring season is chaotic with multiple sports and weather issues, so practice times might not be consistent from week-to-week. Coaches will try our best to have consistent times, but sometimes decisions are out of our hands.
- **Playing time will not be equal across all teams.** Playing time will be determined by ability shown in practices, games, attitude, match situations, etc. Athletes are encouraged to talk with their coaches if they have questions about playing time.
- One unexcused absence will result in loss of playing time.
- Two unexcused absences will result in missing a game.
- Three unexcused absences will result in removal from the team.
- An example of an excused absence would be an illness where school time was missed. Communication with coaches by the athlete must be completed prior to the absence for it to be excused. The player should communicate with their direct coach (ex. Varsity to varsity coach)
- Soccer is the main priority over travel sports that may be happening in the spring.

Off Season Expectations:

- All players are encouraged to join a fall and winter sport.
- Players are encouraged to attend open gyms in the winter and open fields in the summer.
- Athletes should continue to adhere to NDHSAA Athlete guidelines in the off season as well.

Coaches Expectations:

- Put athletes in position to succeed
- Create program of accountability, honesty, and respect
- Create a safe and fun environment for all players on all teams
- Open and honest communication with players
- Schedule regular practice times
- Be available to athletes for their needs

DO YOU HAVE THE RIGHT ATTITUDE?

It is absolutely necessary that players have the proper mental attitude. Without this important ingredient, it is practically impossible to become a champion. Do you have what it takes to become an outstanding athlete and a better soccer player?

- **Are you coachable?** Can you take criticism without looking for an alibi? We believe there is something to be learned at every practice, and that there is no place on an athletic team for a player who thinks he knows it all. The time to worry is when the coach says nothing to you.
- **Do you have a real desire to win?** We are looking for athletes who will never admit defeat. Winning is not the sole objective to be gained from sports, but it has to be the primary objective. Otherwise, why keep score?
- **Are you willing to practice?** This does not mean just putting in time. You do not have a practice speed and a game speed. One speed—your fastest, every practice and every game.
- **Are you willing to make sacrifices?** Soccer is a strenuous game and requires your best physical condition. The training rules must be adhered to. Any player who does not live up to them is unfair to the rest of the team, the coach, his school, and most of all, to herself. The only way to remain in good shape is never to get out of it.
- **Do you have a strong desire to improve?** You should be willing to practice the things you cannot do much longer than those you can do; work on your weaknesses until they become your strong points.
- **Can you sacrifice personal glory for the welfare of the team?** Unselfish teamwork is the main characteristic of a championship high school team.
- **Can you participate in soccer and not neglect your studies?** Sports never were meant to take the place of studies. Your academic work comes first.
- Finally, for you to become a better soccer player, you must thoroughly prepare yourself. Quality is not a matter of luck. It is the result of three things:

The right attitude:

In order to build big, you first think big.

Proper mechanics:

The perfection of little things builds the success of big things.

Diligent practice:

The most skillful players practice the most & hardest.

THE RIGHT ATTITUDE CAN DRIVE A MEDIOCRE ATHLETE TO THE PINNACLE OF SUCCESS, BUT THE FINEST PHYSICAL POTENTIAL IN THE WORLD WILL GO FOR NAUGHT IF A POOR MENTAL ATTITUDE OR STATE OF MIND EXISTS. NOTHING IN OUR SOCCER PROGRAM IS MORE IMPORTANT THAN FOR YOU TO DEVELOP THE RIGHT MENTAL ATTITUDE. IT WILL BE THE DOMINANT FACTOR IN OUR SUCCESS OR FAILURE. YOUR ATTITUDE WILL MAKE YOU GREAT – OR IT WILL BRING YOU DOWN ON YOUR KNEES IN DEFEAT!!

