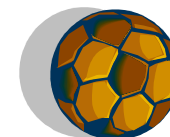


FIRESTONE HIGH SCHOOL

**GIRL'S SOCCER PLAYER
HANDBOOK
2010**



COACHING STAFF

**Varsity Coach
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Assistant Varsity Coach

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JV Coach

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TEAM GOALS

1. Always maintain the thought that there is no "I" in TEAM.
2. Concentrate on fitness throughout the summer as an individual and as a team.
3. Be in good physical shape in August and ready to play.
4. Grow together as the season progresses.
5. Visualize what success is for you as an individual and as a team member.
6. Continue to increase your individual and team desire to win.
7. Be creative on the field.
8. Get everyone involved on and off the field.
9. Utilize our defense and start the play from that position.
10. Build confidence in Goalkeeper's and involve them in the play.

PERSONAL AND TEAM CONDUCT

1. No swearing or taunting at practice or during games. (Disciplinary action will be taken by the coaches if this occurs)
2. Do not be late for practice. Practice starts at 4PM and is mandatory. You are to be ready to practice 5 minutes before it starts. For every minute that you are late you will run a lap.
3. No unexcused absences from practice. If you will not be at practice the coaching staff must know before practice starts. We must be personally notified by a phone call, e-mail or note from you personally. (Un-excused absences will result in disciplinary action by the coaching staff).
4. Represent and respect your team. You not only represent yourselves, your parents and your coaches, but you represent Firestone High School.
5. Do not be late for games. You are to be at the field 1 hour prior to all home games. The coaching staff will notify you of the times to be ready for away games.
6. All players will ride to and from away games on the provided transportation. No player is to drive to any away games.
7. All Varsity members will be there for the JV game and all JV players will be there for the Varsity game. Team members will be expected to be ball girls for the opposite team game.
8. Treat all teammates, opposing players, referees and coaches with respect.
9. Be ready and prepared for all games. All players must be dressed and ready to play when warm-ups begin. Everyone must be wearing the same thing during warm-ups.
10. Must complete and hand in all paperwork before and during the season before the deadline date.
11. Everyone must participate in all clean up after practices

and games.

REQUIREMENTS TO LETTER AT THE VARSITY LEVEL

1. Must play in a minimum of 16 halves throughout the season. (Final decision to be made by the coaching staff).
2. Follow all rules and regulations set forth by the coaching staff.
3. Must be on time to all required events. (Practice, games, meeting and other required functions).
4. Be a good example of a Firestone High School student-athlete.
5. Maintain acceptable GPA.
6. Participate in summer condition program.
7. Must display an attitude of respect, desire to improve and willingness to be a positive example for all teammates.
8. The Varsity and JV teams will be selected approximately one week after practice begins. Everyone has the same opportunity to make the Varsity team.

CAPTAINS

1. Captains will be chosen by the coaches during the first 2 weeks of practice. The captains will be chosen from the juniors and seniors on the 2009 squad.
2. Being a captain is a privilege.
3. A captain must be a respectful and respected leader.
4. A captain must project leadership.
(Teammates will look to you for direction).
5. Command respect – a captain's actions will speak louder than their words.
6. Be willing to work harder. Possess the desire to go the extra mile.
7. Be a positive influence to your teammates.
8. Captains will be given the same respect as the coaches. (The captains are an extension of the coaching staff).
9. Captains will lead all stretching before and after all practices and games.

****If there are ever any questions that you are not comfortable coming to the coaching staff with you should discuss with one of your team captains****

FINAL THOUGHTS

1. Anyone is welcome to come and talk to any of the coaches throughout the season. This includes problems in school, at home or with soccer.
2. If you have any questions in reference to your playing time or team selection, please talk with one of the coaches.
3. When there is a conflict with soccer and other activities please bring this to the coach's attention ASAP so that this can be addressed.
4. If you feel that you have an injury please see one of the coaches so that this can be addressed.
5. If you are interested in continuing your play at the college level please let the coaching staff know early.
6. Senior's will be responsible for setting up and carrying out pasta dinners for the whole team. Attendance at these dinners is mandatory for all team members. These dinners and events build team unity.