

## Prairie Hawks Soccer 2020 Parents Meeting

### Introductions

- Corey Oakland, Head Coach
- John Salazar, Varsity Coach
- Zach Nacev, JV and Varsity Assistant Coach

### \*\*The spring break quandary and past procedure

- We often are on a different spring break schedule from other schools
- “policy”: first week of spring break (3/23 - 3/27th) is “optional” week and second week is full participation *\*school trips and family vacations are excused absences*

### Early Season Training and Match Information

- First Practice: Monday, March 23rd, 4:00-6:00pm.
- Week 1: General Practice, getting familiar with those available to train
- Week 2: General Practice - continued familiarization of team members
- Week 3: Monday, April 6th, back to regular school and training, player assessment and first matches of regular season, including Dells overnight

### Practice - Everyday 4:00-6:00pm

- Most importantly, be present and on time – missed practice or late arrival will effect game minutes
- **All practices are mandatory** Varsity and JV **\*Credit will not be given without full participation**
- Practice will never be cancelled because of weather issues (moves indoors)
- Team members must be in shin guards at all times during practice unless told otherwise
- Team members must have cleats **and** flats (indoor shoes or running shoes in case practice is moved indoors) at every practice. Cleats are not allowed in the J.A.C.
- Practice is closed to all but team members – parental and classmate support is greatly appreciated but quality practice time requires a distraction free environment

### Games

- Team members are expected at the field a **minimum** of 45 min prior to game time unless told otherwise. Tardiness may result in a loss of playing time
- Team members may only wear team warm-ups (*\*more below*) or other Prairie Soccer attire for pregame warm-ups (per school and team rules: no club or non-prairie attire)
- **Team members must conduct themselves in a respectful manner during games** - Swearing, abuse toward officials or other negative conduct on the field is not only punishable with a yellow card, but may also draw a suspension
- Playing time will be determined by the coaching staff and will be based upon skill level, attitude and practice attendance. *Coaches will strive to be fair, but there is no “even”*
- Cancellations / make up games - this is very possible during the girls season, please continue to check website for schedule
- Strength of schedule (DSHA, Waukesha West, BA Quad, Catholic Memorial to name a few, as well as the usual competitive conference matches)
- Home games vs Away games (travel policies, snacks, returning to school, etc)
- Sportsmanship: Parent Conduct & Coaches Conduct

### Communication

- Email / team weekly updates / school updates / newspaper **\*and new policies** / website
- Emailed info will be kept to a minimum, and only essential info
- Why emails mostly from head coach only?... again, adhering to essential and clear communication goals. The vast majority of communication will come exclusively from the head coach, while heavy on Varsity info, will usually contain information for both teams
- Info from Parent volunteers / team parents
- Please do not send out group emails without contacting coach
- Cancellations - various forms of info sent out

### Coaching Philosophy

- fair but not even
- **demand:** commitment, dedication, responsibility and character
- Different goals within the program, Varsity plays to win while developing competitiveness, character, responsibility communication skills and personal growth. JV develops commitment and skill level, preparation for Varsity competition and building enjoyment of the sport

### General School, Injury, Athletic Code

- *Academics come first.*
- As members of the Prairie Soccer Program, team members are expected to hold themselves to a high standard. Respect towards teaching staff, administration, coaching staff and parents is expected at all times. Our program goal is a reputation for good kids and good players
- **Decisions, Choices, Responsibility, Ramifications - Team rules may exceed school penalties regarding issues of drugs, alcohol, behavior issues, etc.**
- Physicals and other paperwork **must be on record before the first practice of the season**

### Prairie Website [www.prairieschool.com](http://www.prairieschool.com) (follow athletic links)

- Schedule posted online – please check regularly
- Parent links, forms, information, etc.

### Injury Care / season management *\*this is important given the physical and mental demands on our student athletes this time of year*

- Zach and Kayla's role
- Communication with AT staff regarding injuries and the goal of keeping athletes ON the field... not off of it.
- Injury prevention, FIFA 11 warm up, flex-bands, and proper dedication to preventing injuries / recovery throughout the season
- Ice, food, hydration and proper *REST!*
- **Recovery** is a large part of season management. If team members are involved in other sports, my hope is proper recovery time is always taken into consideration. *WIAA rules prevent same sport participation during the season*

### **Away travel**

- Team members must travel on the bus round trip unless a parental release form is on record with the athletic office **and** prior written notice has been given to the coach. “Why?”... this is an important part of the team community / family / bonding.
- Common sense also will be applied, for example: if a student lives in Kenosha and we play in Kenosha close to the student’s home, of course that student will be excused from riding the bus
- If different start times occur at away games, both teams will be expected to stay and support each other. Teams will always travel together unless otherwise noted
- Team members are expected to act responsibly and represent the school at the highest possible standard
- Team members are NOT allowed to travel on their own to games with rare exceptions as communicated by the school

### **Post Season Award Criteria:**

- Major letter awarded to any athlete selected for Varsity during tryouts who remains on Varsity for an entire season, regardless of class or minutes played
- Major letter awarded to any athlete brought up to Varsity *during the regular season* who takes on the role of a regular rostered player
- Late season call ups *after the conclusion of the JV season* will *not* be given a Major letter. Minor and/or Numeral awards given to players on the JV roster

### **Social Media**

- ZERO posting or sharing anything negative involving teammates or members of opposing teams, taunting, posts following games, etc
- ZERO responding to negative posts from opposing teams or opposing team fans
- What’s allowed?; “congrats on a well played game”... **although any posts / communication can open the door for negative conversation or response**

### **Misc. Items:**

- Parent / Coach communication and the 24 hour rule
- Please pick up your team member on time following practice and / or games
- Team Parents
- Fundraisers (Futsal & Pasta Dinner)
- **Required purchases:** Socks (unless you have them already) and a team shirt worn on game day, travel, warmups, etc.
- **Optional purchases:** warm up / team gear purchase opportunities to come

This rules / information sheet contains team specific guidelines focusing on practice, game and team travel information. Team rules involving other student athlete conduct (illegal substances, alcohol, behavioral issues, etc) overlap with the school’s policies. The Prairie Soccer Program will follow all school discipline procedures and may add additional team suspension when appropriate. All rules will be enforced by the coaching staff to maintain a disciplined team atmosphere. Each incident or infraction will be judged on an individual basis -"fair but not even" will also apply to each decision. With everyone’s help, each rule should be easy to follow and we will enjoy a successful season both on and off the field.

*Updated 3/20*