

TEXAS HIGH SCHOOL

GIRLS SOCCER PLAYER MANUAL



*"As Iron Sharpens Iron, one person sharpens another."
Proverbs 27:17*

Table of Contents:

Contact Information/Practice schedule	pg. 3
Being a Tiger/Core Values	pg. 4
Team Culture	pg. 5
Academics	
Travel	
Issued Equipment	
Locker Room	
Meals Together	
Games and Practice	
Training Room	
Team Rules	pg. 6
Players Code of Responsibility	pg. 7-8
Pg. 10 to be signed and turned in to coaching staff	

Contact Information

Gerry Stanford	Athletic Director	gerry.stanford@txkisd.net	
Hillary Cloud	Head Coach	hillary.cloud@txkisd.net	ex. 76904 or 2251
Leslie West	Assistant Coach	leslie.west@txkisd.net	ex. 2251

PRACTICE SCHEDULE

Practice schedule – Junior Varsity and Varsity practices will be held after school during season. After school practices begin **Dec. 2, 2019**. We will not train Dec. 23-27th. Practices and games will be held during Christmas and Spring Break.

Weight Training – Running shoes are required in the weight room.

Training Room Schedule - Any time required by Athletic Trainers in the training room needs to be taken care of well in advance prior to practice. The training room does not qualify as an excused absence, unless otherwise stated by an Athletic Trainer and properly communicated to coaching staff via athlete. Any player that fails to attend recommended rehabilitation will not be allowed to practice that day.

Location - Practice location will be communicated via Remind 101. It is your responsibility to be aware of announcements or changes made to schedule. There is no excuse for missed notifications in Remind 101. Be proactive and double check with teammates.

Being a Tiger

A Tiger is a student-athlete who leads by example in the classroom, on the field, and in life outside of Texas High. She is one who listens and follows instructions, leads by consistent positive behavior, and is mindful in her thoughts, words, and actions. A Tiger recognizes that belonging to a team, is belonging to something bigger than yourself!

Core Values

TEAM - The team comes first. There is no place for selfishness, conceit, or resentment that causes friction.

ATTITUDE - We recognize that we have complete control over our physical and mental preparation and will hold ourselves and teammates accountable; choosing to be constructive, positive, and encouraging.

TRUST - We trust our coaches. We acknowledge there is a purpose for every detail. **“Little things make big things happen.”**

SACRIFICE - Ultimately, players express an eagerness willing to excel on the field, in the classroom, and in life. To sacrifice personal interests for the benefit of the team. To give our absolute best always, **on and off the field**. That means, to work hard without being asked. To do the right thing, for the right reason, always. To extend grace to each other, therefore belonging to a team of grace.

TIGER - A Tiger possesses characteristics that demonstrate selflessness, trusting those who belong to the team, and maintaining an attitude that serves others. She should possess leadership in the classroom, on the field, and in life outside of school. She is one who listens and follows instructions, maintains consistent positive behavior and attitude, and is mindful in her thoughts, words, and actions. A Tiger acknowledges belonging to something bigger than yourself!

Team Culture

Academics

Purpose: You are a student first, athlete second. Student-athletes are required to maintain a passing grade in every class to compete. Your role as student determines your participation as an athlete. We recognize that choosing a positive **attitude** regarding our academic standards greatly affects our mental preparation to compete daily.

Travel

Purpose: Traveling as a **team** will provide you with some of the best memories as a player. Trips allow you the opportunity to get to know one another and create lasting friendships. We win as a team; we lose as a team.

Issued Equipment

Purpose: The care and use of the uniforms, practice and travel gear is **entrusted** to each player. Failure to take care of gear will not be tolerated. Jewelry is not to be worn during practice or games. This is to prevent injury. During travel or any team event, specific gear will be assigned ahead of time.

Locker Room

Purpose: Our locker room will serve as a home away from home. Therefore, keeping the locker room neat and presentable **at all times**. We are **entrusting** our players to take pride in our Locker Room and treat it with care. We do our best to make it an enjoyable space. Treat it with respect, and enjoy the time you have with it. Locker room is not accessible before, after or during school hours outside of the athletic period. Pick up after yourselves after practices and games. Keep lockers organized and equipped with necessary items needed for games and practices.

Meals together

Purpose: **Team** meals are taken care of during travel. Therefore, be respectful and polite when representing the school and thankful to chosen establishments.

Games and Practice

Purpose: Practice and games are set aside as our time to improve as players. Show up with an **attitude** willing to work hard, fulfill whatever role asked of, and put forth maximum effort. Do not be late to practice, locker room, home games, or the bus. If you are unsure, ask your teammates.

Training room

Purpose: Our Athletic Trainers are responsible for the health of multiple teams and their athletes. It is your responsibility as a student-athlete to report any injury that occurs during training to the Coaching Staff. Athletic Trainers are the first ones to be notified. It is also your responsibility to communicate the projected plan of action to the coaching staff and bring Doctor notes. Missing rehabilitation time is inexcusable and will result in missing practice that day. Appropriate communication between athlete and Athletic Trainer/Coaching staff will be expected. Not taking injuries or rehabilitation seriously translates individual over team. Respecting the Athletic Trainers and their time is a Tiger standard that is highly regarded.

Standards Per Head Athletic Training Staff:

If you are injured, report to your respective Athletic Trainer or Coach immediately, do NOT wait for the injury to worsen before reporting it.

PLEASE USE YOUR INSIDE VOICE inside of training room.

NO PHONES/LISTENING DEVICES are allowed in the athletic training room.

NO PADS/CLEATS are allowed in the athletic training room.

NO SHOES on the treatment tables.

NO FOOD OR DRINK in the athletic training room.

THE USE OF TOBACCO is strictly prohibited in the athletic training room

Team Rules

1. Any reported misconduct in school will result in a consequence. Repeated negative behavior will be grounds for dismissal.
2. **It is YOUR responsibility to proactively communicate with coaching staff about tardies/absences.**
3. NO CELL PHONES are to be used during PRACTICE, PREGAME, GAMES, or MEETINGS. **If seen, will be considered a team consequence.**
4. Training will require cleats, soccer socks and shin guards.
5. Doctors Note is required for it to be considered an excused absence.
6. DO THE RIGHT THING ON AND OFF THE FIELD - Exemplify what being a Tiger stands for. **If you have to think about it being right or wrong, don't do it.**
7. Display respect for yourself, teammates, and coaching staff.

THS Girls Soccer PLAYERS CODE OF RESPONSIBILITY

- 1.) Be prepared---it is your responsibility to have a spare set of clothes, running shoes, shin guards and cleats in your locker. "My mother forgot to bring me my stuff" will not cut it---you must be responsible for all of your own actions.
- 2.) Don't be a weatherman---The Texas weather is very unpredictable, pouring in the morning and dry in the afternoon. Don't say "it was raining this morning so I didn't think we would practice."
- 3.) Please don't schedule appointments during practice time if at all possible. Get parents to communicate with the coach about when a good day for doctor or dentist appointments may be if it is absolutely necessary that appointments occur during practice time. Doctors note (copy or picture) to present to coaching staff is required for any absences.
- 4.) Keep locker room and field clean— let's be proud of our facilities and keep them clean. We will leave a space better than we found it, at home or on the road.
- 5.) All soccer balls must be accounted for at the end of practice.
- 6.) Travel—Have your own water jug filled with water and ice, bring snacks, and homework. ALWAYS BE IN DESIGNATED TEXAS HIGH UNIFORM or GEAR DURING TRAVEL.
- 7.) TRAVEL WITH THE TEAM---be a team member and travel with the team until we return from the match---must be approved by Coaching Staff BEFORE day of travel.
- 8.) BE A SUPPORTIVE TEAMMATE---When we are in competition with other teams, and your teammate is out there playing their heart out, WE EXPECT YOU TO BE AT THE FIELD AND ACTIVELY SUPPORT THEM.
- 9.) Bullying will not be tolerated on any level---Any problem with a teammate must be brought to the attention of coach and be handled in a respectful manner. We are all Tigers and are to treat each other with respect. We expect each one of you to fully support your teammate. Unnecessary friction will not be tolerated.

SIGNATURE PAGE-----

Soccer Parents: It is a privilege, not a right, for your child to participate in the Texas High Girls Soccer Program. We want to have good communication between players, coaches, and parents. The Soccer Handbook is attached and it will answer most of your questions about the soccer program. Contact the coach should you have any further questions.

Hillary Cloud cell - (903)244-7512 email – Hillary.cloud@txkisd.net
Leslie West cell – (903) 277-1702 email – leslie.west@txkisd.net

SCHOOL WEBSITE: www.txkisd.net

UILWEBSITE: www.uil.utexas.edu/ath

Please read the handbook and return this page with you and your child's signature.

I HAVE READ THE TEXAS HIGH SOCCER HANDBOOK AND GIVE MY PERMISSION AND SUPPORT FOR _____ (Players name) TO BE A MEMBER OF THE TEXAS HIGH GIRLS SOCCER TEAM.

PARENT OR GUARDIAN SIGNATURE _____ DATE

PLAYERS SIGNATURE _____ DATE

