

# **Oskaloosa High School**

## **Indians Soccer Team**



# OSKALOOSA

*"Believe, Achieve, and Create with Pride"*

Parent/Player Handbook  
2022 Season

[www.oskyhssoccer.com](http://www.oskyhssoccer.com)

## **Introduction**

Dear Student-Athletes and Parents:

In the hopes of developing the lines of communication and keep them open, the coaching staff encourages you to take some time to read through our handbook. It is designed to be both informative and honest, and is used for the following purposes: providing the philosophy of the program, introducing the staff, explaining team rules and expectations, stating consequences for incidents that disregard team rules, guiding players and parents in a positive manner, stating the sacrifices of the individual player to enhance the success of the overall team, and aiding in the development of the team concept.

## **Philosophy for the OHS Indians Soccer Student-Athlete**

High school athletics are used as a venue to teach, learn, develop, and display life skills. Individuals must give of themselves to make a team both cohesive and successful. How a player reacts to both positive and especially negative situations usually is the standard for the measurement of both the team and individual success. Players must realize that as a member of the OHS soccer team they represent not only the soccer team, but also their parents, coaches, administration, student body, the Oskaloosa School District and the Oskaloosa community. The chance to be a part of this program is a great opportunity, but an even more demanding responsibility. With that in mind, the student-athlete must realize all actions on and off the field are a direct reflection of the coaching staff and the entire Oskaloosa High School. Act as a proud member of your family, team, and school. Sports are played, coached, and watched for the enjoyment of the competitive spirit; therefore, revel in the opportunity in a positive manner so you will be looked upon as a role model.

## **Core Values**

Core values are the qualities that we use to define ourselves and establish our belief system.

We:

- **Are Family (of Student-Athletes, Coaches, and Parents)**
- **Are Committed to Excellence**
- **Win and lose together**
- **Are a TEAM on and off the field**
- **Stick-up and support our teammates**
- **Are competitors who NEVER GIVE UP**
- **Have FUN**

## **The Coaching Staff**

Greg Walter

Coach

Cell Phone: 217-473-5702

Email: [coachgwalter@gmail.com](mailto:coachgwalter@gmail.com)

Quintin Plate

Assistant Coach

Cell Phone: 641-295-4900

## PARENTAL SUPPORT - THE KEY TO SUCCESSFUL PROGRAMS!

The role that parents play in the life of a soccer player has a tremendous impact on their experience. With this in mind, we have taken some time to write down some helpful reminders for all of us as we approach the upcoming season. We hope you take the time to read and think about the following ideas. If there are any misunderstandings or questions, please speak with Coach Walter.

1. ***Let the coaches coach:*** Leave the coaching to the coaches. This includes motivating, psyching your child for practice, after game critiquing, setting goals, etc. You have entrusted the care of your child to our coaches and they need to be free to do their job. You may not agree with our decisions, but *you should respect them*. If you do not agree with us, it does not help for you to share these feelings with your son and their friends. He does not need another coach; he needs a mom and dad.
2. ***Be your child's best fan:*** Support your child unconditionally. Do not withdraw love when your child performs poorly. Your child should *never* have to perform well to receive your love.
3. ***Support the program:*** Get involved. Volunteer. Help out with the Senior Night, away game meals, end of season banquet, etc.. Anything you do to get involved and support the program will make your time with Oskaloosa Soccer more enjoyable.
4. ***Support and root for all players on the team:*** Support. Encourage. Foster teamwork. Cheer for our team. Your child's teammates *are not the enemy*. When they are playing better than your child, your child now has a wonderful opportunity to learn.
5. ***Encourage your child to talk to the coaches:*** If your child is having difficulties in practice or games, or can't make a practice, etc., encourage *them* to speak directly to the coaches. This "responsibility taking" is a big part of becoming a mature, responsible adult. By handling the off-field tasks, your child is learning to claim ownership of all aspects of the game - preparation for, as well as playing, the game.

6. ***Understand and display appropriate game behavior:*** Be positive, be supportive, cheer, and be appropriate. To perform to the best of his abilities, a player needs to focus on the parts of the game that he can control – his fitness, positioning, decision making, skill, aggressiveness, what the game is presenting him – and not on what he cannot control – the condition of the field, the referee, the weather, the opponent, even the outcome of the game at times. If he hears his parents telling him what to do, or yelling at the referee, it diverts his attention away from the task at hand, and he will not be able to play up to his ability.
  - a. **The Three Don'ts**
    - 1) **Don't** yell at the referee
    - 2) **Don't** yell at other players
    - 3) **Don't** tell your child what to do on the field. They know what we are trying to accomplish as a team. You do not. Please give them permission to ignore you!
7. ***Help your child keep his priorities straight:*** Help your child maintain a focus on schoolwork, relationships and the other things in life besides soccer. Also, if your child has made a commitment to soccer, help him fulfill this obligation to the team.
8. ***Reality test:*** If your child has come off the field when his team has lost, but he has played his best, help him to see this as a "win". Remind him that he is to focus on the "process" and not "results". His fun and satisfaction should be derived from "striving to win". Winning is not the true test of success.
9. ***Keep soccer in its proper perspective:*** Soccer should not be larger than life for you. If your child's performance produces strong emotions in you, suppress them. Remember, your relationship will continue with your children *long after* their competitive soccer days are over. Keep *your* goals and needs separate from *your child's experience*.
10. ***Our program is great because of your involvement:*** Enough said. Without you and your help, we may have a great *soccer team*, but we will never have a great *soccer program*. There is a big difference. Our goal is to have the **best program in the area**.
11. ***Have fun:*** That is what we will be trying to do. We will challenge your child to *get out of their "comfort zone"* and improve themselves as a player, and thus, a person. We will attempt to do this in environments that are fun, yet challenging. We look forward to this process. We hope you do to.

# Team Standards

## **Scholastic Attendance**

In order to be eligible to participate in practice or games, all student-athletes are required to be in attendance at school all day. The Activity Director will handle exceptions to this rule. If the reason for absence is illness, the athlete must bring a release from a doctor and obtain permission from the administration.

## **Practice/Training Policy**

Practice is necessary for success; therefore, all players are **required** to be at all practices. If you are unable to attend you must notify one of the coaches directly at least 24 hours prior to the absence. Any absence may result in a loss of playing time. A player who cannot participate in a practice before the next game will not be able to start that game. This action is designed not as a punishment for the absent player, but as an incentive for players in attendance.

Any player missing 3 unexcused practices in a season will not be able to play in the next varsity game. After missing the fourth unexcused practice the player will not be able to continue to the season and will be asked to turn all equipment in ASAP.

All players are required to be prepared in training gear prior to the start of the training session. Included are the following: shin guards, cleats or running shoes, practice shirt and shorts. Shin guards must be worn at every training session. All players must bring indoor running shoes or indoor soccer shoes to each training session in case of poor weather. Prohibited from practice are the following: baseball caps, jewelry, sun glasses, and drug/alcohol related clothing.

## **Travel Policy**

All students are required to ride the bus to the game. When traveling on the bus, players should use this time to mentally prepare for the game. Inappropriate behavior on the bus will result in a team punishment. Student athletes are allowed to ride home with parents but must first sign a release form with Coach Walter.

### **Classroom Conduct**

Each detention received in school will result in 20 minutes of bench time at the start of the game. The second detention will result in a half suspension, and all additional detentions will result in a game suspension. In addition, it is the player's responsibility to notify the coaching staff immediately of the detention. Failure to do so may result in a game suspension. All suspended players will be required to attend games (if allowed by the administration) and support the team.

### **Game Conduct**

During all games, OHS soccer players will: respect all calls made by the officials; be positive toward teammates; be positive toward coaching decisions and constructive criticisms; refrain from arguing with opponents and fans. Failure to do so will result in an immediate removal from the game. The coaching staff will determine if any further disciplinary measures are warranted. The coaching staff will also review all yellow and red cards.

### **Alcohol/Tobacco/Drugs**

Being a successful athlete requires a healthy lifestyle. While there are many decisions that must become part of healthy lifestyle, including diet and rest, the most important is to avoid the use of alcohol, tobacco, and illegal drugs. The use of these items is absolutely prohibited. The students in this program shall follow the district and Oskaloosa High School extra-curricular activities substance guidelines 24 hours a day, seven days a week. Players found in violation may be subject to further disciplinary measures by the coaching staff. Players may choose to self-report a violation to the coaching staff and possibly reduce the consequences earned. Parents are urged to help with this policy.

### **Sportsmanship**

Student-athletes are expected to treat their opponents, officials, the fans, and your team with respect. Even if an official does not see an unsportsmanlike act committed by a player in our program, the coaching staff will immediately remove the offending player from the game. In addition, when our team completes a great play or goal, celebrate in an appropriate fashion. Do this as a team and for each other, not as a means to show up the opposing team.

### **Conditioning**

The coaching staff values and realizes the importance of physical fitness and conditioning for the well-being and safety of the players. The game of soccer demands that a player have a high level of fitness. In particular, requiring tremendous endurance on the part of the player to perform and succeed at the high school level. Therefore, players who meet team fitness standards enhance their chances of playing at a higher level for extended periods of time. In order for a player to start in a varsity game they must be able pass the Osky Boys Soccer Fitness Test:

**Run 1 mile in at least 7 minutes (goalkeeper 8 minutes).**

The fitness test will be administrated during preseason. A player not passing the fitness test will have plenty of other opportunities to complete the fitness test.

### **Playing Time**

Playing time is a coaching decision based upon many aspects of the player. Each player must realize that decisions are based upon what is best for the team at any given moment. Some players will receive a great deal of playing time while others will receive less. This result is based upon the merits of the player. All players who are concerned about their playing time are encouraged to seek out the coaching staff and privately discuss the matter with them and be willing to accept the role your team needs you to fulfill.

### **The Coach and Parent Relationship**

As high school coaches, we were hired by the Oskaloosa School District. We are considered well trained in our field, but we are also human; we will make mistakes. Please respect that we are coaches, but also are asked to be educators and family members. If you have questions or concerns please feel free to contact Coach Walter. However, we ask that you not approach us immediately before or after a game. We are here to assist your son during a very important time of their life. We want the best for your child even though at times we have to make difficult decisions that you may have a hard time understanding. It is often difficult, if not impossible, to look upon your child's experiences objectively and without personal emotion. We hope to see each parent at all home and away games to help support your son, the program, and the coaching staff.

**GO INDIANS!!!!**