

# RIDGEWOOD HIGH SCHOOL WOMEN'S SOCCER

## 2017 PARTICIPATION POLICIES

**REASON:** It has become apparent to the coaching staff and athletic administration that our student athletes have many obligations to deal with during the course of a school year. In that light our athletic administration along with the coaching staff, discussed this matter at a meeting of head coaches in February. It was recognized that each sport presents its own set of unique circumstances and it was decided to let the coaching staff of each sport devise their own set of requirements dealing with participation in that particular program.

The women's soccer program recognizes that with a commitment to pre-season training that overlaps with the summer vacation period, we have a difficult and sometimes complex situation that requires sacrifice on the part of those wishing to play in our program.

We can attest to the fact that these same commitments are being asked by our other interscholastic athletic offerings at Ridgewood High School that have fall seasons and that we are bound to the schedules that are created by not only the New Jersey Interscholastic Athletic Association (NJSIAA), but also the Big North conference (BNC).

It is our mutual understanding to have a commitment to the women's soccer program at this time of year. Because of that need, we have created guidelines for participation that will make it easier for our student athletes, parents and coaches to function within the course of our season.

**Please note that the 2017 BLACKOUT PERIOD for families required by the BNC will be Saturday, July 29<sup>th</sup> through Sunday, August 6<sup>th</sup>.** This is the time when a no contact period exists between the Ridgewood High School coaching staff (for all athletic offerings) and student athletes. This period affords families a nine day window to plan vacations etc. without feeling the pressure that their daughter is missing something that is connected to participation in the women's soccer program at RHS. **The coaching staff highly recommends families use this time to their advantage. It is a good time for those who need to visit colleges to do so as well as to plan vacations, medical visits etc. that would become cumbersome during the season (August 14<sup>th</sup> to November 20<sup>th</sup>).**

**Out of season:** We **DO NOT** require our student athletes to participate in any activity presented to them prior to the start of practice on August 14. The coaching staff will present opportunities i.e. summer league, camp/s, captains practice, strength and conditioning sessions etc., for their participation that we know would benefit them in preparing to play in one of the most competitive high school soccer leagues in the country. How an athlete chooses to train and prepare is entirely up to them.

We will meet with all candidates for the soccer program at a designated time in late winter. Incoming freshman will attend meetings in their respective middle schools in late May.

2.

**In Season:** When athletes from all four grade levels report for the first day of practice Monday, August 14, they will be given a battery of fitness tests over the course of the first week.

The tests are **“The Man U Test”** for anaerobic fitness and the **“Cooper mile and a half Test”** for aerobic fitness.

The athletes will also be tested on their individual ball skills (fast footwork) based on the Coerver methodology that will require them to execute individual skills with a ball.

The athletes will also be tested for tactical proficiency based on small sided games requiring performance in field situations that test their application of technique to tactical thinking.

The Man U and Cooper tests as well as the Coerver fast footwork skills (20 that will be tested) can be found on our web site [www.rhswomensoccer.com](http://www.rhswomensoccer.com). Check the tabs at the top of the main page.

Instructions for the tactics (small sided games) portion of the pre-season player evaluation will be given to the athletes on the test days. Any prior knowledge would not allow us to judge the proficiency of each player’s ability to immediately react tactically to changing circumstances as they would find under relevant game conditions.

**IMPORTANT: FAILURE TO PASS THE FITNESS REQUIREMENTS ON THE MAN U AND COOPER TEST COMPONENTS DURING THE FIRST WEEK OF PRE-SEASON MAY SERVE TO CAUSE REMOVAL OF A CANDIDATE FROM THE TEAM ROSTER WHEN CONSIDERED IN COMBINATION WITH THAT CANDIDATES PERFORMANCE ON THE TECHNICAL AND TACTICAL COMPONENTS OF THEIR EVALUATION. ALL SENIORS MUST MEET THE VARSITY STANDARD ON THE MAN U AND COOPER TESTS.**

**GOALKEEPERS HAVE THEIR OWN TEST BATTERY WHICH WILL BE GIVEN TO YOU BY OUR GK COACH AND POSTED ON OUR WEB SITE.**

Please note that we expect our athletes to be available for participation in practice and competition six to seven days a week during the season. Unlike the NCAA (National Collegiate Athletic Association), the NJSIAA (New Jersey State Interscholastic Athletic Association), the BNC (big North Conference) and RHS do not have a mandatory day off rule for every six days of team involvement. We do, however, try to apply the six day rule to all three levels of our program structure and will try (based on circumstances) to accommodate and honor it during the course of the season.

**TEAM POLICIES:** We do not want to make our team policies complicated. The expected priorities of the student athlete in our soccer program are simple **1.Family, 2. School and 3.Team.**

**Family:** Time spent with family during our season becomes narrowed by your time commitment to the program. Please make use of all of the free time your daughter/s may have away from the program, but

3.

when it is time to be with the team that is the priority. If special family circumstances arise, the coach of your daughter's team needs to be contacted ideally 24 hours prior to any situation that may inhibit her participation. If there is an immediate situation that we can categorize as a family crisis i.e. medical emergency etc., please contact the coach/athletic dept. as soon as possible to let us know where your student will be. We need to know for our attendance records.

**School:** We expect one hundred percent effort in attending classes and using available academic resources. If athletes need to see a teacher after school for help or make up work, they need to let their coach know of that possibility at least 24 hours in advance (if possible). If a meeting, make-up work or test can be scheduled at another time (perhaps before school) that will not infringe with the athletes practice, the student is asked to do so. Most week day practices begin between 3:30 and 3:45 PM depending on the practice location. If an athlete can see a teacher and then get to practice on time, that is the most desirable situation. If this is not possible, the student **MUST** present a note to the coach of their team upon arrival to the practice. The note must be from the athlete's teacher. It must be signed and dated indicating the time the student reported for help and the time they left the tutorial. This will be recorded as part of the athletes practice attendance record for clarification if needed in the future. The coach of that team may notify the parent/guardian of the tutorial and tardiness to practice.

**Athletes are not to schedule tutorials, make up work, tests etc. on match days!** If this becomes necessary, schoolwork **ALWAYS** takes precedence over participation in soccer! All coaches will uphold this rule and we **DO NOT** expect our athletes to have to miss matches because of schoolwork not dealt with properly. **Under all circumstances, if an athlete is going to miss a match because of a make-up test, they must contact the coach to inform them at least 24 hours in advance.**

**We ALWAYS show respect for all teachers, administrators and staff at RHS and elsewhere.**

**Team:** Team members are required and responsible to be in attendance at all team training and competitive functions and **ON TIME!** Athletes are to be dressed in the proper practice and or game uniform designated by their teams coach and to be wearing shin guards at all practices. Players are responsible to make sure they have the proper shin guards for match day competition.

We ask our athletes to come to practice each day ready to be intense and prepared to put themselves on the technical, mental and physical edge of their capabilities.

We ask our athletes to go into competitions always playing to win, feeling that they can be the margin of victory and never giving up regardless of the circumstance.

**Our program motto is Prepare, Perform, Persevere!**

As competitors, we are always humble in victory and praiseworthy and gracious to opponents in defeat. We always leave it all on the pitch! **We respect all , but fear none!**

4.

In training and in matches we are physically and mentally tough, reliable, confident, committed and positive. We **RESPECT** our teammates, captains, coaches, opponents, the oppositions coaching staff and officials. We all represent the team and we know that: **Together Everyone Achieves More !**

**ATTENDANCE: A daily attendance log will be kept by each team. If an athlete is tardy or absent for any reason, a notification will be sent by that teams coach to the athlete's parents/guardian informing them of the situation.**

If a situation occurs where a student athlete has to miss practices or games during the season because of foreseen circumstances, it is incumbent for the athlete to inform the coach of the situation as early as possible. If this can be done before the season begins it is the obligation of the athlete or their parents to do so. A minimum of a 72 hour time period prior to the absence is required. A conference may be requested by the coach, parent or athlete to discuss the situation preventing participation. It is required by our attendance policy that every situation be explored to try to alleviate the necessity for missing training and competitions during the season. If an athlete misses a practice or match without notification to the coach or without permission regardless of the circumstance, the athlete will be suspended one game for each day of practice or competition they have missed.

**INJURIES: All injuries need to be reported to the coaching staff and athletic trainers when they occur.**

**In order for injuries to be treated properly by our "Sports Medicine Department" at RHS, we need to know about them. Athletes are not to hide injuries or play them down.**

In order to get our athletes the best care and prevention for their injuries, they need to be under the care of our ATC's. The Head ATC also has the final say on all return to play designations for our athletes along with the athlete's physician. Their words are final. A consultation between our ATC's and the physician treating the athlete is always highly recommended. It can be set up by contacting our Athletic Training Staff at RHS.

The athlete is responsible to see the ATC's prior to practice and matches for pre match /practice treatment and to also be on time to the practice or match that day. When an athlete is late to practice or a match because of injury treatment, the ATC will be contacted to confirm. The tardiness or absence will become part of the athlete's team attendance record and will be reported to the athletes parents.

An athlete is never to skip practice to obtain treatment for an injury without the coaches' permission and knowledge. Injured athletes are required to attend practice even if they cannot participate physically.

**PHYSICALS:** All required medical forms and examinations required for participation in Interscholastic Athletics must be filled out and completed by the designated compliance date for fall sports. This is the athletes responsibility and all athletes planning on coming out for the women's soccer program should meet with the school nurse during the spring to make sure that their medical requirements to play have been fulfilled. All forms can be found at the RHS Women's Soccer web site or on the RHS web site.

5.

If this requirement is not taken care of completely before the start of practice on August 14<sup>th</sup>, the athlete will not be allowed to practice. All policies pertaining to team selection will be applied to the athlete during the tryout week period August 14-19 regardless of the athletes' inability to participate.

**If there is an insurance situation that needs to be discussed to allow for an examination of the student athlete to participate in interscholastic athletics, please contact the school nurse at RHS immediately.**

**Citizenship:**

**IT IS IMPERATIVE THAT ATHLETES PARTICIPATING IN THE WOMEN'S SOCCER PROGRAM AT RIDGEWOOD HIGH SCHOOL DISPLAY BEHAVIOR CONSISTENT WITH THE PHILOSOPHY AND GOALS OF RIDGEWOOD HIGH SCHOOL AND THE RIDGEWOOD PUBLIC SCHOOLS. ATHLETES ARE REMINDED THAT THEIR PARTICIPATION IN SOCCER AT RHS AND INTERSCHOLASTIC ATHLETICS IN GENERAL IS AN EXTENSION OF THE CURRICULUM BASE PROVIDED BY THE RIDGEWOOD PUBLIC SCHOOLS. IT IS AN EARNED PRIVILEGE AND NOT A RIGHT. ATHLETES PARTICIPATING IN INTERSCHOLASTIC ATHLETICS AT RHS REPRESENT THEIR FAMILY, SCHOOL, RHS WOMEN'S SOCCER AND MOST IMPORTANTLY THEMSELVES. THE HIGHEST STANDARDS OF PERSONAL CONDUCT IS EXPECTED INSIDE AND OUTSIDE OF SCHOOL AND WITHIN THE TEAM ENVIRONMENT!**