

# CBNA Girls Soccer

## Program Contract, 2020

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### Practice Guidelines & Policies

All players are expected to be on the playing field ready to practice **at the posted practice start time.**

- Players are expected to be dressed and ready (cleats tied, shin guards ready, hair ready, etc...) **by the posted start time for warm ups.**
- Whenever you are going to be late for practice, **send an email to your Coach AND notify your captains.**
- Bring a pass if you are getting afterschool help from that teacher.
- Players needing to see the athletic trainer are expected to do so **immediately after school before practice AND in accordance with the trainer's policies and rules.**
- All players are expected to give **MAXIMUM** effort in each and every drill. It is vital for players to **practice with intensity and focus on a consistent basis.**
- Push your teammates to achieve excellence! Remember your team is only as strong as your weakness link. So **when teammates are lagging behind, it affects your entire team.**
- All players should jog to the coach immediately when called in.
- **NO CELLPHONE USE IS ALLOWED DURING PRACTICE OR GAMES.** If there is a parental emergency, please contact the school, and they will contact the coach.

**YOUR TEAM WILL ONLY BE AS GOOD AS YOU MAKE IT!**

**YOU CUT CORNERS – YOUR TEAM SUFFERS...  
YOU GIVE IT YOUR BEST EFFORT – YOUR TEAM SUCCEEDS!**

### REQUIRED INDIVIDUAL PLAYER PRACTICE EQUIPMENT

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- School issued team bag
- **Team issued soccer ball: failure to have your ball at practice will result in a team penalty.**
- Athletic shorts
- **School issued practice jersey is required: failure to have your jersey at practice will result in a team penalty. Your practice jersey is on & visible at the start of practice. Wearing it under a sweatshirt or jacket is counter productive.**
- Appropriate length soccer socks
- Appropriate sized shin guards (must meet NOCSAE requirements)
- Appropriate sized and fitted mouth guard & extra (suggest a mouth guard case as well)
- Sweat pants, sweatshirt or long sleeve shirt (weather permitting)
- Any Allergy or Inhaler you may use.
- Cleats with extra shoe laces
- A trash bag folded up inside your bag to cover up your gear should it rain.

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**50% of SUCCESS IS PREPARATION AND PLANNING  
WHILE  
THE OTHER HALF IS EXECUTION THROUGH HARD WORK**

### **Team Practice and Game Equipment Assignments:**

Everyone on the team will be assigned to a group (a minimum of 4 players). Every week a different group will be responsible for ensuring that all required equipment is brought to the field before the scheduled practice or game time and returned to the appropriate storage area after the practice or game.

#### **Team Practice Equipment**

- Water Jug Filled with Water
- Cups
- The Team 1<sup>st</sup> Aid Kit (always check to make sure it is fully stocked)
- Equipment tote, pop up goals, hurdles, and other training equipment as specified by the coach.

#### **Team Game Equipment (Home)**

- Water Jug
- Cups
- 1<sup>st</sup> Aide Kit (always check to make sure it is fully stocked)
- Ice & ice bags
- Corner Flags (4)
- Score clock

#### **Team Game Equipment (Away)**

- Water Jug
- Cups
- 1<sup>st</sup> Aide Kit (always check to make sure it is fully stocked)
- Ice & ice bags

### **Eligibility for Game Play**

The student-athlete must meet the standard school guidelines to be eligible to participate in the games. This includes attendance, academic, and behavioral requirements outlined in the student-athlete contract. In addition, to the school defined requirements, the player must also meet the following team guidelines:

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- Must participate in practice the day before the game, unless it is an excused absence (college visit, doctor's appointment, or other approved absence by the Athletic Director, or as outlined in the CBNA Athletic Contract).
  - Players out sick the day before a game will be evaluated by the coach &/or athletic trainer the day of competition to see if they can play.
  - Regular starters who are sick the day before a game will need to come in as a substitute for that game and will have a progressive return to minutes.
  - Substitutes out sick the day before a game will see a change in rotation &/or a reduction in minutes as they progressively return to play.
- **All players determined to be injured, must have the Athletic Trainers approval to return to full practice before being eligible to participate in a match.**
- Any player who is seen for medical attention by a doctor must provide documentation of the following:
  - Diagnosis
  - Restrictions if any by the doctor
  - Date or time frame for return to participation
  - (\*) If any information is missing, you will be required by the Athletic Trainer and CBNA Athletics to provide necessary documentation for participation.
- The player must display a high level of **intensity** as well as **focus** in the practices.
- **Active listening** and **attention** in practice is a must.

### Playing Time Considerations

Various factors go into the decision making process with regards to playing time. Each game is different and often times requires different strategies for the opposing team.

CBNA Girls soccer ensures that all eligible players **WILL** play in every game. However, playing time is not equal **playing time is decided on, but not limited to, the following examples:**

- CBNA strengthens & weaknesses as they relate to the portion of the season.
- Conditioning level of the team and individual players.
- The opposing team's strengths and weaknesses and how CBNA can best compete.
- Injuries and positional strengths
- The skill set of individual players in relationship to team needs with regards to line-ups.
- **The effort and focus individual players put forth in the preceding practices and matches, including the ability to follow directions, accept feedback and coaching, as well as communicate positively with your team.**
- **Whether or not the player was timely to practice or game.**
- The level of sportsmanship displayed by the players.
- The offensive and defensive needs of each of the team or game situation.

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- Positional and player performance. Sometimes certain players are “in the zone” and are excelling in that game or situation.
- Varsity uses a contribution rating system that charts possessions won and possessions lost. Ratings may be used as a determining factor for positional rotation, minutes played, or starting vs. substitute status.

### Sportsmanship

Coe-Brown Northwood Academy & its coaches consider sportsmanship to be a top priority. CBNA has won more sportsmanship awards than any other NHIAA school over the past 15 years.

**It is the expectation that all players and spectators respect the integrity and judgment of everyone involved in all contests, including opponents and game officials.**

- Represent the academy and community with the highest level of respect & integrity.
- Always treat the opponent with respect.
- Whenever players are individually announced prior to the commencement of a game, all announced players shall shake hands with the opposing team’s coach wishing them good luck.
- Exercise self-control at all times, accepting coaches’ and official’s decisions and abiding by those decisions.
- Respect the call of the officials and his/her interpretation of the rules.
- Allow the captain or coach to be the only team member(s) to communicate with the officials regarding the clarification of a ruling.
- Accept both victory and defeat with pride, grace, & dignity.
- Congratulate the opponents in a sincere manner following either victory or defeat.
- Cooperate with the coach and fellow athletes in trying to promote sportsmanship.
- Never taunt an opponent or celebrate an accomplishment in such a way as to: show up your opponent, demonstrate a lack of respect for your opponent, officials, teammates or coaching staff, or provoke another team or its spectators. **This includes social media.**

### Social Media Appropriate Use

Coe-Brown Northwood Academy and the Athletic Department reminds each student-athlete that playing and competing for CBNA is a privilege. As a student-athlete, you represent the CBNA and the communities of Northwood, Strafford, Nottingham, & Barrington and you are expected to portray yourself, your team, and your family in a positive manner at all times.

The following social networking guidelines should assist you posting appropriate contents on the various social media networks:

- **Everything you post is public information**

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- **What you post may affect your future.** Many employers and college admissions officers review social networking sites as part of their overall evaluation of an applicant. Carefully consider how you want people to perceive you before you give them a chance to misinterpret your information (including pictures, videos, comments, and posters).
- **The CBNA Girls Soccer Program will not tolerate disrespectful comments, inappropriate photos, or videos, and behavior online,** such as: derogatory language or remarks that may harm teammates or coaches; other CBNA students, athletes, teachers, or coaches; and student-athletes, coaches, or representatives of other schools, including comments that may disrespectful to opponents.

*(\*) Consequences for inappropriate social media use will be determined on a case by case base depending upon the severity of the infraction by the Academy. The information you post on a social networking site is considered public information. Protect yourself by maintaining a self-image of which you can be proud for years to come.*

### Team Selection

Coe-Brown has the privilege of fielding 2 teams within the Girls Soccer Program. Each team has different goals with the same expectations for all players regardless of the level.

#### **Varsity:**

- This team consists of the most skilled players as determined by the coaching staff in all grade levels (9 through 12) within our program.
- All Varsity Level players must understand the fundamentals of positioning, tactics, strategies and execution of fundamental skills.
- **A player selected for this level must be able to physically compete at the Varsity Level speed of play as demonstrated and evaluated by the coaching staff.**
- The Varsity Team has a 16 match schedule plus a playoff schedule which may add upwards to two additional weeks at the end of the season. **Prior seasons varsity players are not automatically guaranteed a position on the varsity team the following year.**
- In order to be selected for this team, you must have the necessary skill set to compete at this level as determined by the coaching staff.
- Seniors are not permitted to compete on the Junior Varsity.
- As a program philosophy, we allow juniors to play JV only under specialized and individual circumstances as determined by the coaching staff. It is our belief that JV should feature freshmen and sophomore athletes as they prepare for the possibility of playing varsity in the future.

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- Varsity level athletes have practices and games a minimum of 5 days per week.

### Junior Varsity:

- Consists of players in 9<sup>th</sup> through 11<sup>th</sup> grade. As a program philosophy, ***we allow juniors to play JV only under specialized and individual circumstances as determined by the coaching staff.***
- It is our belief that JV should feature freshmen and sophomore athletes as they prepare for the possibility of playing varsity in the future.
- Seniors are not permitted to participate on the Junior Varsity team as this program is reserved to develop players for participation at the Varsity level.
- JV athletes should have solid individual skill set and are working towards increasing her speed of play.
- Players should have an intermediate knowledge of soccer strategies.
- Players at the JV level are introduced to how to make adjustments within the different formations utilized by the varsity program.
- The team usually has a 16 match schedule during the course of the season. Some schools do not have the ability to consistently field a JV girls program. We make every attempt to fill our schedule if an opponent is unable to field a JV team.
- Players showing promise on this team may be asked to temporarily or permanently move up to the varsity team at any time throughout the season.
- It is important for you to always be preparing for this opportunity. Players are selected to move up to the varsity for several different reasons including:
  - Injuries to varsity players
  - Position player is capable of playing at the varsity level as well as the varsity team's need at the time players are called up
  - Work ethic on the field in games and practice
  - Potential to be able to adapt quickly to the varsity level speed of play

*(\*) We typically invite a handful of JV players to practice and prepare with the varsity team for the NHIAA playoffs each season at the completion of the JV season. Those players invited up are added to the playoff roster, receive a varsity uniform, practice with the varsity team, and may potentially get the opportunity to play in a NHIAA playoff game. The goal is to reward the best JV players for their hard work, dedication, and effort.*