

# Dakota Soccer

## 2023

### AGENDA

- I. Welcome
- II. Meet the Staff
  - Stefano Moraccini, Varsity Coach
  - Domenic Colella, Varsity Asst.
  - Gary Schodowski, JVA
  - Andrea Lipari, JVB
  - Justin Schodowski, JVA Asst.
- III. Team information
  - Schedules – All schedules are posted on the Dakota boys soccer website
  - Parent night – September 20
  - Senior night – October 4
  - Spirit wear Link: <https://daksoc23.itemorder.com/shop/home/>
  - Socks – each player will receive a pair of navy blue and white socks. The socks are ordered, fees must be paid on payschools
- IV. Team Pictures: Will be on the turf we will be wearing all blue Date: August 28 tentative
- V. Senior Banners: Cindi Jones Photography date: August 16
- VI. Car stickers: Stickers are \$10, please let Coach Stefano know if you would like one, I will distribute them to the players at practice or games
- VII. Practice & Games: Expectations of the Athlete
  - Game Day Procedures
  - Attendance Policy
  - Team Rules / Behavior Expectations
  - Parental Guidelines
  - Playing Time
  - Promoting a Winning Attitude
- VIII. Fundraising
- IX. Support Positions for parents

## **ATTENDANCE POLICY**

The following policy encourages responsibility and punctuality. As student athletes the players must excel in both qualities.

### **Practice Procedure**

Athletes are expected to attend all practices on time. Once school starts, Practice will begin at 3:00 to 3:30 PM. Training session can run up to 2 hours and EVERYONE is expected to be present. (Even if injured) Times may change if we decide to practice on the turf or at PSC. Times may vary for each team.

### **Match Procedure**

Athletes are expected to attend both home and away games on time

Home Games, Players are expected to:

- Set up the field (flags, nets, tables, benches, etc.)
- Being suited up and prepared to play

Both obligations are to be completed no later than one hour before the scheduled start time of a game. For example, if a home game starts at 4:00 pm, players will need to set up the field and be dressed by 3:00 pm. If the team plays second, instead of setting up the field the players will be responsible for clean up at the conclusion of the match.

For away games, players are expected to be at the game 1 hour before game time. Players are not going to be bussed and must have or find a ride to the game.

## **Team Rules / Behavior Expectations**

1. Players will be respectful by using appropriate language when interacting with other players, coaches, referees, parents and spectators. Players will not taunt, use obscene gestures or attempt to demean others. HAZING WILL NOT BE TOLERATED.
2. Players will respect diversity.
3. Players will arrive on time, properly dressed and equipped, for all practices, games and meetings. Coaches will be notified of any irregularities, immediately. The shin guard rules will be enforced.
4. Players will practice and exhibit good sportsmanship.
5. Players will never lie, cheat or steal.
6. Players will not fight, purposely injure another or damage property.
7. Players will report all injuries, immediately.
8. Players will adhere to team routines and traditions.

## **Team Routines**

1. Players will remain on the bench during games, unless subbing, consulting with the trainer or warming up.
2. Players will report to home games 1 hour before game time and meet at the place designated by the coach.
3. Players will attend a meeting at the end of every game. The coach will release players.
4. Players will participate as instructed during the pre-game warm-up.
5. Players will attend all practices properly dressed and equipped. Before the formal practice begins, players are to work on individual skills.
6. All equipment will be retrieved, and all litter removed at the end of all games and practices. This responsibility belongs to everyone.
7. Team meetings are not to be interrupted by cell phones. Phones should be on silent.

## **Consequences for Violating Team Rules**

1<sup>st</sup> Offense: Verbal Warning

2<sup>nd</sup> Offense: Loss of ½ half of playing time

3<sup>rd</sup> Offense: Loss of a game and meeting with parents

4<sup>th</sup> Offense: Referral to Athletic Director

5<sup>th</sup> Offense: Removal from the team

Any players who refuse to accept consequences for their behavior will be denied participation in the program, until the conflict is resolved. All team rules are in addition to School and District policies.

## **Consequences for Card Offenses**

Yellow Cards

Red Cards

1<sup>st</sup>-3<sup>rd</sup> Loss of 10 minutes per game

1<sup>st</sup> Rest of game plus 1 game

4<sup>th</sup> 1 game

2<sup>nd</sup> Possible Removal from Team

## **Parent Guidelines**

1. Remain in the spectator area
2. Let the coaches coach
3. Provide only supportive comments to coaches, referees and all players. Avoid making derogatory comments.
4. Don't coach from the stands. The movement of one player can throw team shape off.
5. Cheer for your team
6. Support your child

7. Contact coaches when an attendance irregularity occurs.
8. Provide support to the program
9. Provide for any additional costs
10. Use the coach as a resource for post high school soccer opportunities.
11. Follow the Dakota Athletics "Guidelines for Parents". These guidelines can be found on the website.

## **24 HOUR RULE**

The purpose of this rule is to delay your communication until you have calmed down to reduce the chance for an emotional over-reaction and increase the opportunity to think about the situation more rationally. Waiting 24 hours will increase the probability that you can more clearly communicate your issue with a cool head. The conversation will not be done in front of the players.

This rule means that no one is to approach a coach or speak with a coach until 24 hours after a game / scrimmage. Things get heated and get out of control quickly, that is why this rule is in place. 24 hours gives the parents as well as the coaches a "cooling off" period and time to think more rationally. We encourage you to go to the coach first with any problems, but we ask that you respect the 24 hour rule.

## **PLAYING TIME POLICY**

Generally speaking, parents as well as players have understood our policy on playing time. However, in an effort to maximize everyone's experience and minimize difficulties, we need to clearly state that sometimes not everyone gets all the playing time they think they deserve. This is a men's high school soccer team. We are no longer playing recreational soccer. Players are investing a great amount of time in order to better their soccer abilities. The coaches are responsible for encouraging all players to excel. Coaches will tell you that most of the actual coaching is done at training sessions. This is where players are encouraged to make mistakes so that they may improve their weaknesses. At these practices all players are entitled to equal training and treatment.

Generally speaking, playing time will be distributed according to player's abilities. As a highly competitive soccer squad we can expect no less. Fundamentally, this is the nature of high school sports. Naturally, some players are going to play more than others. Often times, we start 11 players for an entire game with limited substitution. As coaches we are charged with the difficult task of deciding who possesses the better ability to accept the challenge of a particular opponent or match. It is also our responsibility to decide who may need further development before accepting such a challenge. This is done in the best interests of the entire team.

# HOW TO PROMOTE A WINNING ATTITUDE AND AVOID DISTRACTIONS

## Effective Actions on Training Days

- Get to practice early
- Retrieve and organize the equipment
- Wear your entire gear throughout practice
- Cooperate and follow directions
- Compete with intensity and urgency
- Limit the use of humor
- Express concerns at the appropriate times
- Collect team equipment first and in a timely fashion
- Remove personal equipment when instructed

## Effective Actions on Match Days

- Retrieve and organize team equipment:
  1. Balls
  2. Practice vests and cones
  3. Medical kit
  4. Water
- Start preparing one hour prior to the match
- Wear your gear at all times
- Cooperate with all directions
- Warm up with intensity and urgency
- Limit the use of humor
- Express concerns at the appropriate time
- Follow the team's pre game procedure
  1. Light jog
  2. Stretch
  3. Skills
  4. Possession
  5. Shooting
- Act sportsman like at all time on and off the field
- Use appropriate language and effective communication skills
- Conduct yourselves accordingly in the bench area
- Conduct appropriate discussions in the bench area
- Pay attention to the progress of the game
- Be ready to sub in
- Compete with intensity and urgency
- Execute a proper cool down
- Collect team equipment before tending to your own
- Clean up the bench area before departing
- Leave together

## **FUNDRAISING**

- We will be doing a fundraiser this year it is called Verticalraise, the boys are asked to raise \$250 per player,, these funds are used for us to purchase uniforms, and equipment needed for the boys program

## **SUPPORT POSITIONS FOR PARENTS**

Please be reminded that parent support is crucial for our program to run effectively. The following volunteer positions will need to be filled in order to maximize the experience for all our student athletes. Please consider volunteering for one or more of the follow responsibilities. Please notify the coaches before, during or after the meeting to express your interest. Your active participation in our program is appreciated.

### **TEAM MANAGERS – VARSITY, JVA AND JVD**

These parents would be responsible for getting information out to the parents, organizing team dinners  
Varsity Team Manager: Jill O'Neill

### **BANQUET MANAGER**

This parent would be responsible for organizing our end of the year banquet and getting support staff

### **TEAM PHOTOGRAPHER FOR VARSITY, JVA, AND JVB**

These three parents would be responsible for making sure pictures are taken at games of the players in action and parent and senior night

Parents that are interested, please reach out to the coaching staff or Jill O'Neill for the varsity team