



## **OAKTON Girls Soccer - Team Policy Letter 2018**

***Congratulations! You have been selected to represent Oakton High School as a member of the JV or Varsity Girls Soccer Team for the spring of 2018. The coaching staff would like to welcome you to the program by congratulating you, first and foremost, but also by clearly outlining the responsibilities that go along with the privilege of being a high school student-athlete. We have high expectations for our program and want to make sure you are aware of these expectations before our season gets underway.***

### **MISSION**

The Oakton High School girls' soccer program provides their student-athletes the support to succeed as students, young women, and athletes. It is the mission of the program to provide an environment for these young women where they will develop personal and life skills necessary to succeed in the classroom, as people, and as soccer players.

### **ELIGIBILITY**

To maintain eligibility, you must adhere to all school rules, attend all classes, follow the Oakton High School Drug Policy, attend all practices and games unless previously excused by Coach Davenport, pass at least 5 out of 7 classes in the first semester, and remain in good academic standing during the soccer season.

### **AWARDS POLICY**

All players who maintain eligibility, follow the team rules, return uniforms on time and meet all other requirements as outlined by the coaching staff in this letter and at later times will receive the appropriate award for their level: JV Certificates and Varsity Letters. A banquet will be held for our program on the conclusion of the season. All Varsity players that receive a letter will be invited to an All-Sports Banquet in June 2018.

### **HEALTH AND NUTRITION**

Our practices will be intense. You need to get a full night's sleep, eat 3 balanced meals a day, drink water and properly warm up and cool down before and after activity.

All sports pose the potential risk of serious injury including, but not limited to, sprains, fractures, ligament/cartilage damage, paralysis or even death. In case of an injury at practice or a game, immediately notify a coach and the athletic trainer will be consulted. You must follow the prescribed plan for rehabilitation.

### **SPORTSMANSHIP**

The coaches will demonstrate good sportsmanship at all times, including practices. We expect the same from players and parents. We do not yell at other teammates, opponents, officials, or fans. During the game, we talk only to teammates and coaches about the game. We do not talk about our boyfriends, school, homework, etc. We do not text. We focus on the game and cheer on our team.

### **SPIRIT PACK**

You can order your spirit pack online. The link and other information for ordering will be provided separately by the coaches.

## **PLAYING TIME**

Our goal for the JV program is to develop each athlete and their soccer skills. Playing time for the Varsity team is a different situation and is at the discretion of the coach.

Coaches will not entertain parent conferences regarding playing time.

## **UNIFORMS**

You must take care of your uniform. If you do not, you will be charged for it. Additionally, if you do not turn in your uniform at the end of the year, you will not be given your Certificate or Letter until you do. VHSL requires that all players wear proper shinguards. When you buy your shinguards, make sure they have a NOCSAE symbol on the tag.

## **OHS SUBSTANCE ABUSE AND PARTICIPATION POLICY**

All players must have a signed policy on file in the Activities Office. The Fairfax County Public Schools Participation Policy states the players will abstain from using tobacco, alcohol, and drugs on or off school grounds. Violation of this expectation will result in disciplinary action up to and including removal from the team. **IF YOU ARE AT A PARTY WHERE THERE IS ALCOHOL OR DRUG USE, LEAVE IMMEDIATELY. AS YOU ARE LEAVING THE PARTY YOU MUST IMMEDIATELY CALL COACH DAVENPORT.**

## **PRACTICES/GAMES**

Be on time. If you need to stay after school, bring a note from your teacher. You are expected to attend all practices and games unless sick. If practices are missed playing time will be affected, and it will be at the discretion of the coach.

You will wear your practice t-shirts to practice, tucked in, and certified shinguards every day (MUST have NOCSAE symbol on the tag). One set of practice shirts is being provided to you as part of your GSOC Uniform and will be turned in at the end of the season. The rest will be part of the Spirit Pack that is coming soon.

On home game days, Varsity players will wear warm-ups to school; JV will wear the team t-shirt/jersey -- **no jeans.**

We provide bus transportation to each game. Players are expected to ride the team bus to the games unless other plans have been arranged with Coach Davenport ahead of time. There will be no return buses from the games so players are expected to ride home with their parents.

## **FUNDRAISING**

This year we will be selling Krispy Kreme doughnuts again for our fund raising project. We will have pre-sales and then a combined JV/Varsity team sell on TBD. We will need parent volunteers to help with the fundraising. Details and order forms are included in your team packet.

## **PARENT VOLUNTEERS**

*Each parent is expected to help with volunteer duties throughout the season.* There are a number of volunteer positions that are available. A master signup sheet for volunteer opportunities will be provided at the parent meeting.

## **INCLEMENT WEATHER/CANCELLATION INFO**

Check the website at [www.oaktonathletics.org](http://www.oaktonathletics.org) or the hotline at 703-749-8039 for updates. If possible, please avoid calling the Activities Office.



**Return this form to Coach Davenport by  
February 26, 2018**

**DEAR COACHES,**

**I HAVE READ AND UNDERSTAND THE TEAM POLICY. I WILL REPRESENT OAKTON  
GIRLS SOCCER IN THE APPROPRIATE MANNER AT ALL TIMES. I UNDERSTAND  
THAT I WILL BE HELD ACCOUNTABLE FOR MY ACTIONS.**

Player's Signature \_\_\_\_\_ Date \_\_\_\_\_

Printed Player's Name \_\_\_\_\_

-----

Parent's Signature \_\_\_\_\_ Date \_\_\_\_\_