



**Pine Island • Zumbrota-Mazeppa
Girls Soccer**

Player & Parent Handbook

2023

INTRODUCTION

Welcome to another season of Pine Island ♦ Zumbrota-Mazeppa Wildcats Girls Soccer!

The PIZM Girls Soccer program is dedicated to providing players with knowledge of the game, honing skill development and improving tactical awareness, while striving to field cohesive and competitive teams.

The PIZM Girls Soccer program aims for success on the field of play, but of greater importance are our efforts to cultivate within student-athletes the value of preparation, commitment, accountability, perseverance, and teamwork.

CORE VALUES

EFFORT – Our players will work hard and are expected to dedicate their training and preparation to improvement through quality practice.

ACCOUNTABILITY – Our players will show respect for themselves and others by being prepared, committed and responsible student-athletes.

SACRIFICE – Our players will be team-oriented and be dedicated to playing for each other.

INSPIRATION – Our players will exert a positive and supportive influence on their teammates and in their school communities.

PERSERVERANCE – Our players will develop the toughness and character required to compete in MN Section 2A soccer.

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PIZM Girls Soccer:

<http://pineisland.k12.mn.us/activities/athletics/soccer- girls>

Minnesota State High School League:

<https://legacy.mshsl.org/mshsl/>

Hiawatha Valley League Conference:

<https://www.hvlconference.org/g5-bin/client.cgi?G5genie=10>

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PLAYER EXPECTATIONS

Student-athletes participating in the PIZM Girls Soccer program commit to the following:

GENERAL CONDUCT

- Players must adhere to the Code of Student Conduct as established by the school Districts. Any disciplinary action taken in school will also be enforced in the soccer program.
- Players are expected to be in good standing with Minnesota State High School League (MSHSL) rules regarding eligibility, academic progress, and student behavior.
- Players must adhere to the MSHSL Behavior Expectations as developed and set forth by MSHSL student-athletes.
- Players are expected to act in a respectful and sportsmanlike manner as representatives of their schools, communities, families and teams.
- Inappropriate language will not be tolerated in any activities related to the soccer program.
- Bullying and/or hazing will not be tolerated at any time. This includes social media use.
- Use of illegal drugs, alcohol, inhalants, edibles, tobacco or vaping products will not be tolerated at any time.
- Participating in the PIZM Girls Soccer program is a privilege. Any behavior considered detrimental to the program will result in disciplinary action.

PRACTICES & GAMES

- Players are expected to attend all scheduled team meetings, practices and games.
- Practices will START at the scheduled time. Players are expected to be properly equipped and ready to participate at that time.

- Players will provide their own soccer cleats, shin guards covered by socks, properly inflated Size 5 soccer ball and water bottle.
- Game Uniforms: Junior High players must provide their own black soccer shorts and black socks. JV/Varsity players are required to purchase navy blue socks (home) from the coaching staff and provide their own white socks (away).
- Players will wear proper athletic attire to practice. This will include soccer shorts and a school-appropriate athletic top (i.e., 'Dress like an athlete').
- Players are expected to communicate, in advance, all expected absences from practices or games to their coach.
- Players who miss a practice the day before a game, regardless of the reason, will not start the subsequent game. This includes excused absences.
- Players are expected to communicate any injury to the coaching staff. Ensuring the health and safety of student-athletes is a top priority. Any injury requiring medical treatment will require written clearance from a qualified medical professional prior to resumption of athletic activities.
- Players are encouraged to complete a baseline concussion test prior to the start of the season.
- Players are expected to travel home on the team bus from away games.
- Players who do not ride the bus home from an away game may only travel home with a parent or guardian. Players who wish to ride home with a teammate's family may only do so after contacting their school's Activities Director and receiving advanced permission.
- Players should communicate directly with the coaching staff if they have questions or concerns regarding their role on the team.
- Players are responsible for the game uniforms issued to them. Uniforms must be returned at the conclusion of the soccer season clean and in good condition.

PLAYER EVALUATION / TEAM PLACEMENT

- Players in grades 9-12 are thoroughly evaluated at the beginning of each season to determine roster placement (JV and/or Varsity).
Team selections are made in an effort to field the most competitive Varsity roster possible.
- Evaluation criteria include but are not limited to:
 - SOCCER SKILLS: Ball control, passing, ball striking
 - FITNESS: Speed, agility, strength, endurance
 - APTITUDE: Tactical understanding, game awareness
 - INTANGIBLES: Attitude, work ethic, commitment
- Players may be selected to play on both JV and Varsity squads.
- Players initially assigned to JV may ultimately be moved to Varsity during the season, based on further evaluation or as rosters dictate.
- Players in grades 7-8 (JH) could potentially move to another level of play, but only in unique situations and if roster numbers dictate.

TEAM CAPTAINS

- The position of team captain is one that is earned.
- Varsity Captains are selected via team consensus, combined with a written application that is evaluated by the coaching staff.
- Underclass-women may be selected as Team Captain.
- Captains are considered partners of the coaching staff.
- Captains should serve as leaders on the game field and during practices.
- Captains should help the coaching staff see that the team remains focused on soccer during practice and pre-game warm up.
- Captains should communicate team needs and concerns to the coaching staff.
- Captains should act as inspirational leaders of their teammates.

LETTERING POLICY

A PIZM student-athlete may earn a Varsity letter if they:

- Plays in a minimum of half of the Varsity halves for the season.
- Sustains a soccer-related injury that prohibits further competition at the Varsity level, provided they continue to attend practices and games as able.
- Has not violated any rules set by the MSHSL, the co-op Districts or PIZM Girls Soccer.
- Acts as a Varsity manager or rostered backup goalkeeper who has made significant contribution to team success as determined by the coaching staff.

Special situations not addressed by the above guidelines will be evaluated on an individual basis by the coaching staff.

PARENT EXPECTATIONS

SUPPORT YOUR STUDENT-ATHLETE

- Parents should support their student-athlete's efforts to succeed with positivity.
- Parents should strive to promote an environment that is conducive to the development of their student-athlete, including, but not limited to, proper nutrition and hydration, rest, emotional support, medical care and rehabilitation, realistic expectations, etc.
- Parents should treat coaching personnel with courtesy and respect.
- Parents should assure that their student-athlete attends all scheduled team meetings, practices and athletic contests.
- Parents should promote and model sportsmanlike behavior at all athletic contests.

WHAT TO EXPECT FROM COACHES

- Coaches will promote the health and safety of student-athletes.
- Coaches will model appropriate behavior and sportsmanship.
- Coaches will establish time demands that acknowledge the primary importance of the student-athlete's academic and family responsibilities.
- Coaches will promote among athletes and fellow coaches a solid sense of team and program membership.
- Coaches will assist, whenever appropriate, with post high school planning for individual student-athletes as it relates to athletics.
- Coaches will be available to meet with parents at times that are mutually convenient and in alignment with the athletic department's parent/coach communication guidelines.
- Coaches will adhere to all Pine Island and Zumbrota-Mazeppa School District policies at all times.

COMMUNICATION

Parents should expect from the Coach:

- Communication of the expectations the coach has for your student-athlete and their teammates.
- The locations and times of all practices, games and bus times.
- Team requirements and expectations.
- Notification of any discipline that may result in the denial of your student-athlete's participation.

Appropriate concerns to discuss with coaches:

- Situations involving your student-athlete.
- Ways to help your student-athlete improve.
- Your student-athlete's attitude, work ethic or eligibility.
- Concerns about your student-athlete's behavior.

Inappropriate issues to discuss with coaches or Activities Director:

- Playing time of any student-athlete.
- Team tactics, practice organization or coaching decisions.
- Other student-athletes.

PROCEDURE for discussing a concern with a coach:

- Encourage your student-athlete to speak directly to a coach about an issue *before* you intervene. Coaches are always open to discussion.
- Contact the coach to set up an appointment. If the coach cannot be reached, the Activities Director can assist in arranging a meeting.
- If a meeting with the coach does not provide a satisfactory resolution, schedule an appointment with your Activities Director.
The AD will only intervene if the issue has already been discussed with the coach.
- NOTE: Please use the '**24-hour Rule**' before communicating any concerns with a coach. Taking a break allows the opportunity to think rationally and to clearly communicate the issue with a 'cool' head.
- **Do not confront a coach immediately before or after a game or practice. Meetings of this nature do not appropriately facilitate a resolution to a situation.**

