

 **Girls Soccer**

**2022 – 2023**

**Program Philosophy**

**& Code of Conduct**

**Saugus Centurion Girls Soccer**

**Program Philosophy**

**“One Program, One Team”**

The Saugus Girls’ soccer team is intended to create a positive experience for each and every girl who participates. Our philosophy is based on providing a quality, competitive, hardworking, and character-based program. At all levels of play the goal is to develop a Varsity team that is both competitive and exemplifies qualities that are presented in our mission statement “The Saugus Soccer Team will always come first over the individual and each person will be responsible to exhibit this quality in practice and in games, in school and at home”.

It is a difficult and time-consuming responsibility being a Girls’ Soccer parent. We all want what is best for the student athletes. The only thing that we, as the staff can promise you is that we want your daughter to succeed, and we will work as hard as we can to help her succeed. Playing time and her role on the team is based on effort, skill, play, practice habits, attitude, academics and performance. **Play time is not a guarantee to any player.** Some players may not get as much playing as other girls and in some soccer games a team member may not play at all. As a coaching staff, we believe that there are many rewards that come from being part of a team. They include the improvement that comes from every day effort, the friendships made, and the lessons learned. These benefits far outweigh the game time played. Success is earned through commitment and team play. Every girl will have a role on the team that will be specifically spelled out to her. No rule is less important than another. The success of the team as a whole, and the success of your daughter as an individual, will be based on how well each other player understands their specific role.

 **Goals and Objectives:**

* Create a soccer program that entails a “family” atmosphere.
* To establish a soccer program that helps the athlete fulfill their goals.
* To routinely be known as a program that embodies Team Sportsmanship.
* To teach the fundamentals of the game to all athletes regardless of talent level.
* Increase overall physical conditioning and mental skills.
* To develop a staff of individuals to help build the program.
* Continue to improve player morale.
* To develop a working relationship with the administration, all faculty members, the student body, all athletes, league coaches, and parents.
* To run a program that is well respected by league coaches and all opponents.
* To build a tradition of success for girls soccer.
* To be competitive in the Foothill League.
* To compete in the CIFSS and State post-season tournaments.

**Special Objectives**

* Create a soccer program that entails a “family” atmosphere
	+ Promote and provide an environment that practices both: respect for self as well as for all teammates.
* To establish a soccer program that helps the athlete fulfill their goals.
	+ Teach and help modify individual goals for each athlete.
	+ Keep athletes focused on their goals to insure both personal and team success.
* To routinely be known as a Team that embodies Sportsmanship
	+ Stress to the athletes the importance of respecting one's opponent.
* To teach the fundamentals of the game to all athletes regardless of talent level.
	+ Stress to the players that a solid foundation in skills creates a solid team.
	+ Increase overall physical and mental conditioning.
		- Summer offensive/defensive development program
		- Pre-season conditioning
		- Pre-practice fundamental program
		- Strength training program
		- Speed, agility, quickness, and endurance program
* To develop a staff or individuals to help build the program
	+ Hire coaches with great role-model attributes
	+ Quality trained coaches
	+ Equal opportunity for all coaches
* Continue to improve player morale
	+ Quality uniforms and practice equipment
	+ Positive communication with players
	+ Emphasis on academics
	+ Team functions (ie. Summer trips, meals, etc..)
* To develop a working relationship with the administration, all faculty members, the student body, all athletes, league coaches, and parents.
* Former player involvement
* Administration and faculty involvement
* Band involvement
* Inter-squad scrimmage to open season-free admission for student body and faculty
* To run a program violation-free and well respected by league coaches
* Abide by the policies of the Foothill Constitution and CIFSS Handbooks
* To build and develop a tradition of success for girls soccer
* Positive reinforcement for small steps
* Develop pride within school
* Create first class through positive means
* Achieving the athlete’s goals
* To be competitive in the Foothill League and CIFSS
* Stay competitive to challenge for the Foothill League Title
* To be in the CIFSS and State post-season tournaments

**Code of Conduct**

* I will be on time to all practices, meetings, buses, and games.
* I will treat my teammates with respect, dignity, and support.
* I will give 100% in practice, runs, and games.
* I will support and respect my coaches.
* I will give my best effort in the classroom and to show respect towards my teachers, peers, parents, and all opponents.
* I will show sportsmanship during games.
* I will be a person of character in victory and in defeat.
* I will come to my coach if I have a problem with my role on the team.
* I will maintain a positive attitude, and accept my role on the team.

**Practice Rules:**

* Be at practice 15 minutes early.
* Come with a positive attitude.
* Practice at full speed as hard as you can all the time.
* If sick, call your coach and let him/her know you cannot be at practice. Only if you are too sick to attend, is your absence excused.
* If you have an unexcused absence from practice you will not participate in the next game, unless otherwise specified.
* If you are injured, you should still be at practice.
* Being late to practice will result in extra running at the end of practice, reduced playing time in the game, or a game suspension.
* Immediately let your coaches know if you are injured. You will be required to check in with the Athletic Trainer and let your coach know what the diagnosis is.

**Consequences:**

* Any student athlete(s) in violation of any of:
	+ Student Code of Conduct
	+ Practice Rules
	+ Saugus Soccer Code of Conduct
		- May (will) result in immediate disciplinary actions.
		- Ie. Game suspension
		- Ie. Team suspension