

**BOYS' SOCCER  
PLAYER HANDBOOK**

**2015-2016**



# Santiago High School

**"Home of the Scholars, Achievers and  
Champions"**

**Santiago Boys' Soccer  
2014-2015**



## **Santiago High School**

Varsity Head Coach: Henry Sierra  
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**INTRODUCTION**

Dear Parents/Guardians & Players,

The primary purpose of this handbook is to acquaint you with the rules and policies of the boys' soccer program. You are responsible to read, understand, and follow the policies of this handbook.

Our policies have been put in this booklet so you can refer to them throughout the year when you feel it is necessary.

This handbook was made to assure that you understand what we expect from you. It is our attempt at avoiding any misunderstandings. We hope that you will read it and use it as a guideline for your benefit.

Sincerely,

*Henry Sierra*

Henry Sierra  
 Boy's Varsity Soccer coach  
 1395 Foothill  
 Corona, CA 92881

**"Passion, Pride & Perfection"**

**PLAYER EVALUATION FORM**

- The following form will be used to evaluate and assess all players. This form will also be used to assess players during try-outs. Since playing time will not be discussed, this evaluation will be a good source and answer to playing time for parents and players.

Santiago Soccer Player Evaluation Form									
Date:	Time:	Location: Shark Stadium	Grade:	Position:					
Player Name:		Reason:	GAME	PRACTICE	TRYOUT				
Scoring:		Poor: 1	Below Average: 2	Average: 3	Good: 4	Great: 5	Does Not Apply: D		
		TECHNICAL		PHYSICAL		PSYCHOSOCIAL			
ATTACKING	1. Attacking Principles	1	1. Passing & Receiving	1	Strength Endurance	BASIC		1. Motivation	1
	2. Possession	1	2. Running with Ball	1	Explosive Power	ADVANCED		2. Self Confidence	1
	3. Transition	1	3. Dribbling	1	Maximal Strength	SOCIAL		3. Cooperation	1
	4. Combination Play	1	4. Turning	1	Aerobic Capacity			4. Decision/Determination	1
	5. Switching Play	1	5. Shooting	1	Aerobic Power			5. Competitiveness	1
	6. Counter Attacking	1	6. Ball Control	1	Anaerobic Lactic			6. Concentration	1
	7. Playing Out The Back	1	7. Heading	1	Anaerobic Alactic			7. Commitment	1
	8. Finishing	1	8. 1v1 Attacking	1	Reaction			8. Self Control	1
DEFENDING	1. Defending Principles	1	9. Shielding the Ball	1	Acceleration			9. Communication	1
	2. Zonal Defending	1	10. Receiving to Turn	1	Maximal Speed			10. Respect & Discipline	1
	3. Pressing	1	11. Crossing & Finishing	1	Speed Endurance				
	4. Retreat & Recovery	1	12. 1v1 Defending	1	Acyclic Speed				
	5. Compactness	1	13. Speed of Play	1	4. Flexibility & Mobility				
<b>Overall Rating (1 to 5):</b>		<b>1</b>							
COACH SIGNATURE:		<i>Henry Sierra</i>							
NOTES:									



## EQUIPMENT GUIDELINES

- Theft (or suspicion of theft) could result in team suspension/expulsion.
  - Unacceptable clothing items include:
    - \*Clothing representing other teams (i.e. Barcelona, Real Madrid, Chelsea, etc.)
    - \*Make-up or jewelry
- (Coaches will not pay the consequences of your carelessness. Remember the coaches get the yellow card not you)*

## ATTENDANCE

- Players are expected to attend ALL meetings, practices, conditioning workouts, and team functions, on time! Not knowing about an event or the time is not an excuse! If the team is there, you must be there!
- If unable to attend, player must personally notify the head coach of his respective level, prior to the activity, allowing enough time to make preparation for his absence. Word being passed on by someone else is unacceptable!
- Missing the practice prior to a match will result in not starting the next match. If not practicing becomes a consistent habit then the coach has the right to not play the player the following match. It's not fair to all the players that work hard during practices sessions.
- Showing up late to a practice will result in player running laps around the field until coach is ready to incorporate player into the session. If player shows up late to a game then player will see a decrease in playing time and will not start the game.
- Failure to follow any of the above requirements could lead to consequences on the field, loss of playing time and a conference with a parent/guardian. Three situations resulting in consequences may result in team dismissal.

## Program Philosophy

Our basic coaching philosophy as educators and coaches is to produce a quality product that we, as educators, can point to with pride, where we have provided these young men with the tools necessary to be successful in all things in life. As a coaching staff, we should be a force for good in the life of a student-athlete that is strong, consistent, and stable.

On the field, our whole program will follow the same style of play at all three levels. Each team will demonstrate a dynamic offensive style of play where each team will be encouraged to attack at all times. Each team will be physically fit to endure long periods of dynamic movements throughout a match and practice. Fitness is the key to success. All teams will stay disciplined, play their assigned positions and defend together as a team. This philosophy will be used at all three levels.

Lastly, our players will have an inner drive to be the best at getting better.

## PLAYER CODE OF CONDUCT

- I will address ALL adults properly (yes, "coach" - no, "sir" - etc.).
- I will dress properly for ALL functions - Every time.
- I will be on time for ALL events.
- I will respect my teammates, faculty, administrators, opponents, referees & coaches.
- I will put the TEAM's needs before my own.
- I will work hard, play with passion and pride, and be humble while playing for the Santiago Boys' Soccer Program.
- I will set goals and strive to achieve them.
- I will always be focused & productive in classrooms, practices and games.

## POLICIES & GUIDELINES

### TEAM RULES

**Rule # 1: Tell The Truth!** Always tell the truth about everything. Be a man of your word and make your actions consistent with your words.

*Dishonesty is a violation of every rule of a decent society and will be dealt with quickly and severely. Give a 100% effort 100% of the time and be 100% honest with any coach or staff member.*

**Rule # 2: Use Common Sense!** Be in attendance and on time to all functions. Do your best to be in school and on the field. Be respectful and considerate of others. Avoid any questionable activities. Never embarrass your family, school, program, team or yourself. Things you learned in second grade still apply here. Use your decent common sense. If you have to think about it twice then don't do it.

*Violations of the common sense rule will be dealt with as minor infractions unless they are continued and repeated.*

**Rule # 3: Respect, Passion, Hard Work and Pride!** All players must show respect, passion, hard work and school pride at all times on and off the field.

*Violations of this rule will be dealt with as a minor infraction and at the discretion of the coach. Violating this rule continuously will result in less playing time until player shows these specific characteristics.*

**Rule # 4: Player Commitment:** Players in program CANNOT play for an outside club during high school season. No exceptions! *If player violates rule, he will be recommended for program removal and team will forfeit all games that player played in.*

## VARSITY LETTER CRITERIA

- Complete one year of Varsity competition
- Win a league championship...
- Make the CIF playoff roster
- Head Coach's recommendation (reserved for special circumstances).

### TRAINING ROOM GUIDELINES & PROCEDURES

- Report all injuries/illnesses to the trainer and to coaches.
- The trainer decides which players CAN or CANNOT practice. Athletic Trainers will have the final word.
- Injured players must report to ALL meetings and practices. Players must dress out and coaches will modify their workout based on injury.
- Injuries are to be treated before or after practice. NOT during.!
- The Training Room is for treatment of injuries or taping, NOT for socializing & renewing old friendships.
- Be on time for injury treatment or taping. Treatment is NOT an excuse to be missing or to be tardy from practice.
- After treatment, ATTEND practice - unless sent home by trainer or coach.
- **If you are unable to practice per a doctor's note, you must submit a doctor's note clearing you for full participation prior to attending practice.**
- If you were to suffer from a concussion you must 1. Be cleared from the doctor then 2. Be cleared by the athletic trainer. You will not play another game unless both clear you. No exceptions!
- Our athletic trainers are here to help you and make sure that you don't risk getting hurt again, if the athletic trainer recommends not playing then that's final. No exceptions! I trust their professional judgment.

## GAME CONDUCT CONTINUED

- Don't walk around without a shirt or sweatshirt on.
- The freedom to swing your fist ends where the other man's nose begins. Do not fight on or off the field. Be a man and show restraint. Player will be dismissed from team if caught fighting during any Santiago Boys Soccer event/function.
- When on the bench, players must be sitting and encouraging their teammates that are on the field. Players on the bench will warm up with a different color penny when summoned by the coach. Players on the bench will also shag balls during the game if no shaggers are provided.
- Under **no circumstances** will players on the bench clear the bench and run on to the field during any altercations that may occur during a match. If caught clearing the bench, you will be suspended for a game and possibly removed from program depending on severity of violation.

## TRAVEL CONDUCT

- Players will sit with teammates of the same position. The bus will be divided in four sections: Goalkeepers, Defenders, Midfielders, and Forwards. This will enable our players to communicate before the game and create good chemistry between players. Noise level will be low to moderate in volume. The head coach has final say on seating arrangements.
- All players must pick up their trash. Bus must be clean by the time we leave the bus!
- All players must be respectful to the bus driver. All players must say "Thank you" to the bus driver after we arrive to our destination.
- Under no circumstances will profanity be tolerated on the bus. Parent will be contacted if this becomes an issue. The bus is part of the school, so school rules will be enforced.

## PLAYER ACADEMICS

You are expected to be a student first and an athlete second. Treat your teachers with proper respect. To be a member of this team, you must attend class regularly and achieve a minimum G.P.A. of 2.0. Poor behavior and low achievement make all of us look bad. Many college soccer coaches will look at your G.P.A before doing any type of recruitment. It's imperative that all players in the program attempt to keep their grades as high as they possibly can. This will benefit the player tremendously. Our goal as a program is to get all of our players to attend a College or University.

## PROGRAM EXPECTATIONS OF YOU

- **Commitment**- you must be totally committed and loyal to the philosophy and goals of our total program.
- **Respect** - We must possess and exhibit our respect for each other. We must show our respect for our coaches, faculty, administration, officials and opponents. Respect is a huge word in our society today; it must be given before it can be gained!
- **Drugs/Alcohol**- Simple, it will not be tolerated under any circumstances. End of story!
- **Seriousness**- Player must be serious at all practice sessions. Lack of concentration at practice can lead to needless injuries.
- **Work Hard**- As a player you are expected to work hard at all times. Working hard enables the team to push themselves and it also creates intense practices that will make you better a player.
- **Attitude**- Player should always have a positive attitude! Approach this season with an open mind and be open for suggestions. Leave your ego, club teams philosophy and negative attitude at home. Players that display a negative attitude during season will be recommended for program removal. Having a bad attitude will not be tolerated at any level.



## PLAYER OR PARENT CONCERNS

See Coach Sierra for any concerns that you may have.

Contact Information:

Henry Sierra

Cell: (951) 264-1422 Call or Text

E-mail: hsierra@cnusd.k12.ca.us

## PRACTICE CONDUCT

- Be on time. Showing up late will result in player running laps around the soccer field until the coach is ready to have the player join the practice session.
- Always give your best effort. Practice with enthusiasm.
- Leave the coaching to the coaches. Never criticize, only encourage.
- Never talk back to a coach. If you feel you have been treated unfairly, talk to the coach involved and/or Coach Sierra after practice.
- Wear all proper equipment to practice each day. Do not remove any article of clothing in public.
- If you must miss or be late to practice for any reason, notify your coach before practice begins. Make sure you notify your coach ASAP if you will be missing. Coaches work hard to design practices based on how many players will be there. Be responsible!
- Clean up after yourself. Make sure your trash is placed in the proper receptacles.
- Play with passion and pride every time you step onto a Santiago Soccer practice.
- Misbehavior will not be tolerated during a practice. Players will be given a warning the first time but if it continues, player will be asked to sit out and parent will be notified.
- Have fun!

## GAME CONDUCT

- Our pre-game warm-up is important. The warm-up is used to prepare you for the game, both mentally and physically.
- Never lose your poise (i.e. taking off your uniform in public, using profanity).
- Be kind to officials. Address them as “Sir, Mister. Ms., or Ma’am” say nothing else to them, especially questioning a call. They officiate and you play.
- If you are red carded for any reason you will sit out a game, write a written statement and have a mandatory conference with the coach, AD and parent. If you are red carded for foul language, obscene gestures, assaulting another player or any other conduct, you will be suspended for two games, write a written statement, have a conference and be placed on probation which if violated will result in dismissal from the program.**
- Do not talk to your opponents. Under no circumstances do you say anything negative or derogatory to them. You are better than that. The scoreboard will show who the better team is.
- Let coaches’ coach. We know what we are doing.
- You should encourage your teammates and help them up. If you don’t have anything positive to say, don’t say anything at all.
- Know your substitution situations & do not approach the coach during a game.
- You must stay on the bench until the game is over and coach dismisses you. Do not go sit in the bleachers because you are done.
- Players must use proper equipment during games and all equipment used must match the color of the uniform. For example: If uniform is white, players must use white shin guard straps, white tape if you tape any body part and white compression shorts. This is a NFHS rule.