

Dear Parents/Guardians and students;

Soccer season is here and we are excited that you and your student have chosen to be part of our great program. We take pride in our program and the success it has had. The success has been built on focusing on the athlete as a person first and an athlete second. This philosophy has allowed us to produce some of the greatest human beings ever to set foot on this campus and graduate as a Monarch of Exeter Union High School.

Our program is known for its ability to produce student athlete's that work hard, never give up, and are positive life force's no matter the situation that is in front of them. The following information will break down the roles and expectations of all involved in the program to ensure continued success and support for your daughters.

- 1) Coaching Philosophy
- 2) Athletes Expectations
- 3) Parent Expectations
- 4) Fundraising and Volunteer Needs
- 5) Team Contract

We look forward to a Successful and Fun season. We are glad you are choosing to be part of our family.

Thanks for your support,

Darin Lasky  
Varsity Coach  
559-799-1134

Don Smith  
Varsity Coach

Joe Barss  
Head Coach JV

Sean Nelsen  
Varsity Coach

Communication and social media:

Communication via remind is best:

Send a text message to 81010 with the @euhsocsoc22 or use the Remind App for general announcements. We have Specific team accounts for players so you don't get too many messages

You can also use parent square and school email [dlasky@exeterk12.org](mailto:dlasky@exeterk12.org)

you can follow on 2 social media accounts: @euhsxcsoccertrack for instagram and @euhscoachL for twitter

We also post updated schedules on our school website and our maxpreps page

We do not allow phones at practice. They keep them in their bags and do not check them. They can plan accordingly if needed or for emergencies contact my cell phone number.

Soccer information can be found on [www.exetertrackandfield.com](http://www.exetertrackandfield.com)

Our Philosophy is very simple. We want to help our athletes grow and mature as positive leaders in every facet of their lives. You can expect the same growth from the coaches as we take this journey with these amazing young ladies.

### **Coaching Philosophy:**

We **BELIEVE** in the value of hard work

We **BELIEVE** in the “E”

We **BELIEVE** the “E” never comes off

We **BELIEVE** that quality practices lead to quality results

We **BELIEVE** in Honoring the PROCESS over results to become better

We **BELIEVE** that Team Chemistry is GREATER than any one person

We **BELIEVE** in competing at all times

We **BELIEVE** that if you give everything you will lose nothing

We **BELIEVE** that high pressure, fast paced soccer wins games

We **BELIEVE** the cornerstone of our program is built on our Ability to grind better than ANYONE.

We **BELIEVE** that soccer games are WON on the simplest of technical levels

We **BELIEVE** that every athlete has the potential and it's their choice to live up to that potential.

We **BELIEVE** that your only ability is your Accountability

We **BELIEVE** in the positive life force

This coaching staff just...

**BELIEVES IN YOUR STUDENTS!!!**

Program Core Values and Team Covenants

Trust in the E!

**E... is for Effort**

- o Get better everyday

**E... is for Exeter Time**

- o If you're not early, you are late
- o Practice Time IS game time!!!

**E... is for Earn your spot everyday**

- o Compete everyday
- o Right now someone is trying to be better than you

**E... is for Excellence**

- o Excellence isn't a one-time thing, it's a habit
  - o Lead by example.

**E... is for Encouragement**

- o Encourage everyone everyday
- o On a good day I can only CONTROL myself

**E... is for Endurance**

- o Finish the season better and stronger than you started it
  - o

**#exeterbuilt : The E never comes off!**

## Parent Expectations:

### “They Play, We coach, You Cheer”

Our number one priority is about the girls in this program becoming better people and making choices to COMPETE in life, COMPETE on the field, and leave their LEGACY wherever they go.

Our Varsity practices are competitive on a daily basis. We will occasionally score and rank them in practice. **IT IS NOT USED IN DETERMINING PLAYING TIME**, it is designed to push your athlete to enhance their soccer skills and be honest with their own results when compared directly to others.

Playing time has many subjective parts to it such as attendance, attitude, working hard in everything, knowledge of our system, team chemistry, opponent, position being played, fitness level, injuries, academics, individual athletic talent, etc. thus, **individual playing time is the Head Coach’s decision and is based SOLELY on our judgment as a coaching staff.**

It will be **their choice to compete for playing time or not to compete.** Which means it is **their choice to succeed or fail.**

They may fail for a while until **they make the choice to compete** and even then PLAYING TIME IS NEVER GUARANTEED.

*This is where you as parents or guardians can help the program. You can help by doing the following:*

#1) Encourage them to **compete** in practice EVERYDAY.

- *Past performance got them here and Present Performance keeps them here*

#2) Support the coaches and their ability to coach.

- Coaches **will not discuss** playing time or strategy with parents.
- Coaches will discuss playing time or strategy with players **ONLY**.
- This includes during games from the stands

#3) Encourage them to be a **“positive force”** on the team whether as a reserve or a starter.

- Honor their commitments to the team and make sure they are there for their teammates all season.
- At times, their attitude when not playing is more important than their attitude when playing.

#4) Be positive when things get tough for them.

- Some players are starters and some are reserves, **ALL ARE IMPORTANT.**

#5) Always ENCOURAGE THEM: Support them when they succeed or fail during the season.

- Soccer is a Journey; Life is the Destination

#6) Never Talk about the game and how they played;

- Use the most powerful words a parent can use:
  - a. I love watching you and your team play
  - b. I love you and am proud of you
- Ask them where they want to eat, **NOT** how they think the game went.

#7) Encourage them to SOLVE THEIR OWN PROBLEMS.

- Let them realize they can take care of themselves and fight their own battles

- *Let them be accountable for their actions*

*#8) Be courteous and positive to the officials*

- *You never know this may get us some calls going our way.*
- *We have some of the BEST PARENTS AND FANS around and we want to keep that legacy!!*

*#9) Be spectators AND ONLY SPECTATORS.*

- *We have a plan and let the coaches coach.*
- *Honestly, we **pull players** from the game when they are coached/or focused from the stands.*

*#10) We chose them, and they need to honor that commitment until the season is completely over, regardless of playing time or position played.*

- *Only the Privileged get to work in our program*

*#11) We are the hardest working program around and it is a privilege to work hard on our field.*

- *Accept only high standards and their growth towards them, it is not an easy road.*
- *We are a Championship program in life because of this.*

*#12) Support us through donations, time, volunteering, or being the BEST FANS out there!*

- *Without proper parent support we wouldn't be what we are today*

*We provide our own ticket collection volunteers. JV parents cover varsity and Varsity Covers parents. The night of your coverage your family gets in free. will be assigned games*

### **Athlete Expectations**

#### **Accountability:**

- Remember; we chose you and it is a privilege to be out there.
- Follow our core values and use them Daily.
- Be at every team function set by the coaching staff.
- Work hard for your teammates.
- Get better everyday and HAVE FUN WHILE DOING IT!

#### **Attendance**

- If you are at school **your obligation** is to suit up for practice.
- You may not be able to give 100%...but suit up and do your best!
- Attendance is always a choice and so is playing time, if you are not there the team keeps moving on without you.
- **\*\*\* If you stay home sick for any period of time OR are late to a class; YOU CANNOT PRACTICE! See Student Handbook\*\*\* and ask coach for clarification, we know the rules**

#### **Unexcused absences**

- An unexcused absence is an absence not verified with the coach **BEFORE** practice. These will include dress cuts, skipping class, not coming to practice when at school, forgetting practice gear, etc. **Remember, any tardy over 15 minutes in any class is considered a cut and will be an unexcused absence.** If you are going to miss practice, the athlete **MUST TALK TO THE COACH** for approval.

- **First offense:** will not play first half of next game
- **Second offense:** suspended for next game.
- **Third Offense:** removal from the team
  - SCICON is not considered an excused absence during the season
  - Ag will be considered unexcused if you had ANOTHER opportunity to get your points and did not communicate with both the AG teacher and coach.
- Your procrastination on schoolwork, AG duties, SCICON, and Community service does not excuse you from the consequences of your choices

### **Excused absences**

- An excused absence is one that is verified by the office or the coach prior to practice. Athletes must **talk to coach** for approval if you are at school and will not make it to practice. These also include practices missed during the school breaks.
- **ANY PRACTICED MISSED MUST GET PRIOR APPROVAL OR WILL BE CONSIDERED UNEXCUSED.**
- Excused absences **could possibly affect** your playing time. These include family trips, other obligations, etc.
- \*\*\*\*\*SOME OFFICIAL EXCUSED ABSENCES AT SCHOOL MAY NOT BE SPORTS CLEARANCE VALID\*\*\*\*\* DMV is NOT A VALID EXCUSE. ONLY A DOCTORS/DENTIST/ ETC are VALID
- PLEASE CHECK BEFOREHAND

### **Game Days and Playing time:**

- Playing time may be directly affected by missed practices to other obligations and excused absences.
- Focus must be on the field and your teammates; responding to coaching from the stands/or spectators at ANYTIME once the warm-up has started (including half-time) will result in removal from the game.
- Bring all Equipment to all games. YOU MUST BE READY TO PLAY WHEN WE START TO WARM-UP
- HOME GAMES: you must be in the stands BEFORE THE JV START TIME.
- Under Armor( We will wear under armour with long sleeves that matches the color of our jerseys, Royal Blue and/or white. no other colors allowed)\*\*\*this will be decided as a team
- Shin guards must have the approved stamp and player height or they cannot play. We recommend VERY GOOD shin guards as we require girls to PROPERLY tackle opponents.
- SHIN GUARDS have become an issue in the past few years. The better the shin guard the harder you can go in for a tackle. They are like Football Shoulder pads... THEY ARE IMPORTANT

### **Health and Safety:**

- A diet with appropriate calories for a high school female athlete is essential along with sleep.
  - usually a minimum of 2400 calories and @ minimum half their body weight in ounces of water.
  - Water, Appropriate Diet, and Sleep will help with the monthly cycles , ability to focus at school ,and recover from the stress of soccer
  - Put the phone away early, get some sleep and plan lunch is the easiest way to achieve this
  - We have helpful guides for these also
  -

- **Energy drinks are not allowed** due to the unsafe nature of them. Any player known to have consumed them before any type of exertion will not be allowed to continue including games.
  - We have had players in the hospital before due to these
- Gum is not allowed during exercise,
  - It is a choking hazard and it ruins our beautiful turf
- Appropriate Shin guards are needed
  - The bigger the better and they must be appropriate **(NHFS APPROVED ONLY!! MUST HAVE THE STAMP) See me for details**
- Jewelry
  - They may not wear **ANY JEWELRY** @ anytime

### **Injuries:**

- Injuries will be handled by our School trainer and he has the final say:
  - Once the athlete goes to Doctor: **we must have a note that states “may return to play with no restrictions” and the date. No exceptions**
- The Training Room is not an excuse to be late; get there and get FINISHED!!!
  - Unless Trainer sends me a message excusing you
- Concussions:
  - We follow the CIF protocol, use the IMPACT test, and trainer/doctor must release them back to play after protocol has been followed.

### **Equipment:**

- To ensure safety from injury, proper equipment is required at every practice.
  - **-Running shoes**
  - **-Soccer cleats(turf cleats and grass cleats recommended)**
    - **Some limited research suggests turf cleats reduce injury**
  - **-Shin guards (NHFS APPROVED ONLY!! MUST HAVE THE STAMP)**

### **Uniforms and Practice Attire:**

- Athletes will be issued a:
  - Warm up Suit (possibly Parkas)
  - Game shorts and a home and away jersey
  - Home and away socks
    - They keep the socks and if possible a \$20 donation would help cover the cost to the program
- Appropriate attire must be worn at practice:
  - Sweats/shorts (follow school policy)
  - T-shirts long sleeve is best (follow School policy)
  - NO TANK TOPS (athletes comfort and safety).
  - Warm dry clothing is recommended for after practice.
  - It is highly recommended that players wear practice pants when it is cold

### **Varsity Letters and awards:**

- Athletes who finish the season in good standing with the team according to this document will be eligible for Awards based on our Trust in the E Team Covenants.
  - To receive a Varsity Letter you must be on the Varsity Roster for 75% of the **League Matches** or **at the coach's discretion** due to extenuating circumstances,
    - JV players on the Varsity roster sporadically @ tournaments and playoffs will **not** automatically receive a Varsity Letter

### **Transportation:**

\*\*\* **Athletes will be required to ride the bus on away games to and from school.** Few exceptions will be made but must be cleared with the Athletic Director 24 hours prior to the event. Unless there is a rare **extenuating circumstance** you will be **REQUIRED** to ride home on the bus after the game with your teammates\*\*\* This rule is **ABOUT THE HIGH SCHOOL EXPERIENCE** which they will miss if they go home

Bus Drivers have the final say during inclement weather. If they say we are leaving we must leave. It is the District's belief that the safest mode of transportation is on the school Bus.

### **Varsity Early Release Wednesdays:**

- Varsity practices will start at our normal time. But we may take advantage of this time to team build, get caught up on School, and have team lunches:
  - Wednesday's may include( this may change weekly):
    - Team lunch, MANDATORY Study Hall, & INDIVIDUAL/Team Game Film and critique, Team Building OR
    - Free time then practice or game

**DISRESPECT TOWARDS OTHER TEAMS, TEAMMATES, OR COACHES WILL NOT BE TOLERATED IN ANY FORM(including but not limited to texting & any Social Media PLATFORM) APPROPRIATE DISCIPLINARY ACTION WILL BE TAKEN AT THE COACH'S DISCRETION WHICH MAY INCLUDE DISMISSAL FROM THE TEAM.**

**Playing time is at the sole discretion of the coaching staff and discussions about playing time can be directed towards the coach by the athlete. We will not discuss playing time with Parents. The athlete must be prepared to hear the truth and have an honest conversation. Coaches will not be available to discuss playing time on game days or until 24 hours after a game.**

**Reminder, EUHS requires Random drug tests per the EUHS Athletic Packet/Handbook.**



**Thank you for your time;  
EUHS Girls Soccer Coaching Staff**

By signing, you acknowledge that you have

- read this document and agree to its contents
- watched video presentation on [www.exetertrackandfield.com](http://www.exetertrackandfield.com)
- understood the team's policies,
- practice scheduling,
- team requirements,
- Parent Expectations,
- EUHS Athletic Handbook,
- playing time policies.
- Completed the survey on [www.exetertrackandfield.com](http://www.exetertrackandfield.com)

X \_\_\_\_\_

Athlete

X \_\_\_\_\_

Parent/Guardian

Please sign and return this piece only!