

*Carman-Ainsworth
Girls Soccer
Handbook & Contract
2017 Season*



Carman-Ainsworth Girls Soccer Mission Statement:

The mission of the CAHS Girls Soccer program is to compete to the best of the program's ability against every opponent, to be role models for future female players, to support the community, and to redefine the views of women's soccer within the Carman-Ainsworth School District.

Dear Parents/ Caregivers,

Welcome to the 2017 Girls soccer season! We are so pleased that you have allowed your daughter to participate in this year's season. The soccer program asks that you take some time out of your busy schedule and come support us toward our individual and team goals. A schedule was made available to each team member, along with basic rules and regulations.

This is a quick reminder to all parents/caregivers to read your player's handbook on the rules of the team. All the rules that apply to the players and contact information are available so that everyone understands the expectations of the girls throughout the upcoming months.

We would like to make a quick reference about two important sections of the rulebook: the three strikes policy and the playing time. All players are held to a three-strike policy in their grades throughout the season. **If a player is ineligible three times during the season they will be released from the team.** Also there is a three-strike policy with the attendance of practices and games. Please refer to the handbook for details on attendance.

Lastly, please read the section under playing time. Playing time is earned in not only attending practices but work ethic and ability of the player. This is a competitive level of play and **EVERY PLAYER WILL NOT** have equal playing time. The score doesn't matter, the team we are playing doesn't matter, and we will **ONLY** play the players who are prepared to play. The decisions on playing time are the coaches and only the coaches, and cannot be manipulated by phone calls or complaints. If you have questions, you may set an appointment to speak to us, but by no means will that influence our decision.

If you have any questions during the season, feel free to email us at jmathews@carmanainsworth.org. We appreciate you allowing your child to be with us this spring, and hope that we all can work together to have a season filled with happiness and memories.

Thank you for your time and let the season begin!

With Appreciation,

CA Girls' Soccer Coaching Staff

"Coming together is a beginning. Keeping together is progress.
Working together is success."

-Henry Ford

2017 Carman-Ainsworth Girls Soccer

Program Contact:

Coach Jessyca Mathews jmathews@carmanainsworth.org 810-591-5551
Coach Brenna Meicher 810-845-3479

TEAM FACEBOOK PAGE: CA Girls Soccer
Twitter: @CASoccerSisterhood

www.mlive.com for reports, articles, and weather delays.

**PLEASE DO NOT CALL THE ATHLETIC DEPARTMENT ABOUT
WEATHER/GAME DELAYS OR CANCELLATIONS**

REMIND (texting service):

Send @cagi to 978-627-0002 for daily/weekly text messages
Phone calls can be directed to Coach Mathews's school voice-mail at 810-591-5551.
Players will receive each coach's cell phone number to contact them in case of
emergency. We ask that parents not contact coaches by phone unless it is an EXTREME
EMERGENCY.

Please leave a message and a coach will contact you as soon as possible. **Emailing is
best in contacting the coaching staff.**

Core Values

1. We seek excellence in all areas, not just soccer.
2. We are disciplined.
3. We are relentless.
4. We show no weakness to outsiders.
5. We don't complain.
6. We walk and look like champions.
7. We choose to be positive.
8. We work to be better and stronger.
9. We mean no offense and take no offense with each other.
10. We are a family first and soccer players second.

Playing Objectives

We will be a program built on chemistry, team agreements, discipline in thought and in action and belief that we deserve to be great. We will be the program that others look to as the example, and be the team that players and coaches fear to play in the Saginaw Valley Conference.

Playing Style

No one will play like CA. We will be composed of dynamic people who love the game of soccer. Our system of play will evolve, but our playing style will be aggressive in

penetration, tempo, and pressure while focusing on our players discipline, speed, athleticism and team orientation.

Type of Players Needed for Program

Strong work ethic, disciplined, will sacrifice for the team, quick on the field and in the mind, committed, aggressive, coachable and academically sound. One would have to have pride in playing for the team, program, and school. A player for CA would have to believe in being part of something bigger than her.

Type of Person Needed for Program

Emotional maturity, selfless, no ego, no attitude, willing to lead by serving and focused on academic success. No matter how talented a girl is, you must first be a good teammate, with the spirit of sacrifice, discipline and respect. If you are absent of those qualities, CA Girls Soccer is not for you. Zero bad apples; we don't want the burden of the wrong people for our program. Yes, we do talk to coaches of other teams and to teachers about a potential player's behavior inside and outside of CAHS.

Squad

In a perfect season, each branch of the program would like to be two deep at every possession. Each player must think of themselves as starters. Everyone in the program and on each squad, and anyone involved in the organization, is respected. Players get ahead on the basis of what they know and what they do on the field and in the classroom. This season will not permit factions, groups, politics, or cliques to get in the way of success. If there is a problem, it should be brought out to the open and solved. Team chemistry is of high importance, and to that end, the team will be shamelessly encouraged to do so as much as possible together off the field socially. Relationships within the team are seen as a critical importance and something to be constantly fostered. A culture of doing things together-always all for one and one for all-is a critical part of the experience in girls soccer at CA. We will believe in one another.

Coaches

The coaching staff have done much planning and invested in training courses and clinics for the betterment of the team. Coaches will be the leaders of the program, and ask for your respect, assistance, and commitment toward a productive season.

Training

Practices will always be intense, focused, directed, efficient, mentally and physically challenging. At times practices can be short in duration in times, but they will not be casual. Training is instructional and goal-oriented, so that the actual games become second nature.

We love to play, we love to improve, we love to work toward our goals, and we love to be around one another.

Motivation

Players, coaches, and supporters will give motivational video, items, and words to keep the program focused on the goals of the season. Our program must come to mean pride, excellence, and success in every venture at every moment-from training, to games, to work in the classroom. Everything that bears our name is a reflection on who we are and excellence must prevail at every moment.

Attendance

Our program should be something people will want to watch because we are worth watching. It is our job to entertain and play in a style that people will want to see and support. Lack of attendance will take away from this aspect. Players are required to attend games and practices, and should only miss for emergencies. Even if a player is injured, she should be at practice to see the happenings of the teams. Please make your schedules so that their will be no interference with team activities.

Seasonal Outline:

Practices:

- Monday-Friday, 4:30-6:30 when practices are outdoors. Indoor practices due to poor weather will be scheduled with the available time from the Athletic Office.
- **Practices for Varsity can/will be held on Sunday afternoons depending on the weather.**

Required Equipment:

- Soccer Cleats (please refrain from screw in cleats)
- Shin guards (the NOCSAE approval label is required on the outside of the shinguard)
- Indoor & outdoor practice gear at every practice
- Tennis shoes (running shoe is preferred)

Game Day Equipment:

Provided: Home and away jersey, shorts, & scrimmage penny.

Needs to be purchased (Amount of money TBA):

- **Socks (one pair white and one pair royal)**
- **Game Day T-shirts and/or warm up**

*If there are issues with the purchasing of gear, please speak to the coaching staff.

Equipment and Gear Care:

- Jerseys, warm ups, and Game Day shirts are to be worn on GAME DAYS ONLY! Soccer gear is to be worn by the player ONLY (No friends, family, or significant others) and will not be altered in any way. Players who do not keep school owned gear or equipment **in productive shape** or lose any pieces of equipment or gear will be charged a replacement fee by CA Soccer and it will be a fine added to your school account. Refusal to pay such fines will result in not receiving future report cards and/or high school diploma.

Player/Parent Code of Conduct:

1. Players and Parents of the CA Soccer family must support a SAFE ENVIRONMENT during practices and games
 - a. Practices are closed to the public (parents, students, and fans)
 - b. Players must wear the required gear for safety
 - c. **Players must have a physical on file in the Athletic Office from the 2016-2017 school year**
 - d. Players must give coaches knowledge of medical conditions that may affect their performance on the soccer field (i.e. Asthma)
2. Players and Parents of the CA Soccer family should have strong ETHICS and should practice GOOD SPORTSMANSHIP
 - A. Players must play by the rules established by the MHSAA
 - B. **Players will not argue with coaches or officials**
 - C. Players will work equally hard every day for coaches, teammates and for herself
 - D. Players will treat members of the program with respect
 - E. **PARENTS/CAREGIVERS WILL RESPECT THE MHSAA RULES, REFRAIN FROM ARGUMENTS/RUDE COMMENTS WITH OFFICIALS AND OTHER SPECTATORS, AND WILL TREAT THE COACHING STAFF AND PLAYERS WITH RESPECT.** Negative talk about players and decisions made by coaching staff in the soccer playing atmosphere is strongly discouraged.
 - F. **Players and parents will discuss questions and concerns at appropriate times-appointments are required to speak to coaches-issues and questions WILL NOT BE DISCUSSED BEFORE OR AFTER GAMES. There is a 24 hour rule in speaking to the coaching staff after a game. Calls can be made the school number listed above, and not on cell phones.**
 - G. Players will adhere to the dress code for games, promotional fundraisers and public events as advised by the coaching staff. Players will dress professional for the banquet (no jeans, t-shirts, hats, or tennis shoes) due to pictures taken of the program's members.
3. Players and Parents of the CA Soccer family must create a WELCOMING & SUPPORTIVE environment

- a. **Areas of concern to be covered by parents: Concessions, transportation, Team Spirit, & Banquet**
 - b. Sponsors for the season are welcome
 - c. Clean field
 - d. Parent and supporters behavior-Make the environment enjoyable!
 - e. Injured and incapable players are still expected to be at practice and games
4. Players and Parents of the CA Soccer family must RESPECT the SKILL & ATTENDANCE of practices, game, fundraising, and community service requirements
- a. Make arrangements around the soccer schedule.
 - b. ROLE AS A PLAYER-players and parents must respect the decisions of the coaches of the child's team selection, position, and playing time.
 - c. **If a parent or player is unable to respect the decisions of the coaching staff, we (the coaching staff) find it best for you not to be a member of the CA Girls Soccer family**
 - d. **Absences require documentation or email FROM THE PARENT/CAREGIVER**
 - e. **Validity of absences will effect playing time**
 - f. Spring Break Practices will be scheduled. Written excuse must be produced to miss spring break practices without penalty. There will be one Community Service Activity on a Saturday, along with the Can Drive on another Saturday. Make arrangements.
5. Players and Parents of the CA Soccer Family will be SUPPORTIVE toward ACADEMIC and PROFESSIONAL INTEGRITY
- A. Green Cards-Grade reports on Fridays. Each girl will have to turn in a green card during tryout week.
 - B. Teacher contact-COACHES WILL CONTACT TEACHERS ON PROGRESS AND BEHAVIOR OF PLAYERS
 - C. Eligibility-Players are STUDENT ATHLETES FIRST AND MUST HAVE ACCEPTABLE GRADES IN THE CLASSROOM TO BE A MEMBER OF THIS TEAM. Our program follows a three strikes policy with grades. If a player is ineligible three times within the season, she will be released from the program. The focus is for a girl to be a student-athlete
 - D. Tutoring: After school Mondays-Thursdays- 2:30 PM-3:30 PM
 - E. **Being model students inside and outside the classroom is required (suspensions, failing grades, inappropriate classroom behavior, and negative behavior outside of CA will not be tolerated, examples are, and not limited to: drinking, smoking, drugs, tardiness, excessive absences, negative language and conduct on social networks)**
6. Parent Volunteer Participation Needs:
- a. Workers for the concession stand
 - b. Drive and supervise during the fundraisers
 - c. A reliable source in case of emergency situations on game days

- d. Be supportive to all members of the program
- e. Assist in organizing the banquet for both teams at the end of the year in celebration

2017 Soccer Rules and Regulations

Late for bus time (unexcused):

First Offense:

Player will receive a sit out time of the maximum of 10 minutes.

Second Offense:

Player will sit out an entire half

Third Offense:

Removal from the program

Late for practice (unexcused):

First Offense:

Player will receive a sit out time of the maximum of 10 minutes.

Second Offense:

Player will sit out an entire half

Third Offense:

Removal from the program

Late for after-school tutoring due to academic issues:

Player will sit out an entire half

Second Offense:

Player will sit out an entire game

Third Offense:

Removal from the program

Unexcused Absence from practice or a game:

First Offense:

Player will sit out an entire half

Second Offense:

Player will sit out an entire game

Third Offense:

Removal from the program

***Inappropriate behavior on and off the field (this includes classroom behavior, public place behavior reported to the coaching staff or administration, and social networking post, pictures, and postings) will be handled by the coaching staff on an individual basis. Consequences of negative behavior can be suspension time and/or removal from the program.**

Appropriate contact of the coach for an excused absence:

Contact needs to be done in written form with a parent signature, phone number, and date.

If a player is ill or is involved in an emergency a phone call from the parent is acceptable.

Being prepared for practice & games: Please make sure to check your bags before practice and games. Bring gear for ANY weather that includes if we must have indoor practice.

First Offense:

Player will receive a sit out time of the maximum of 10 minutes.

Second Offense:

Player will sit out an entire half

Third Offense:

Removal from the program

Cell Phone Rules:

Phones during practices and games are to be turned off! Phones are only to be used in contacting for a ride after practices or games. Failure to follow this rule can result in loss of playing time.

Bus Etiquette:

You have three options: Study, listen to music, or sleep. You are to stay seated and focused on either the game ahead of you or your school work. Food can only be eaten if the bus driver allows the team to do so.

Players should eat something healthy BEFORE riding on the bus. Players should be money to cover food expenses on away games, especially those long in distance.

There is a high probability of not having a bus for some away games. Players will need to carpool with other parents or player if this problem arises. A form must be signed by each player's parent allowing them to ride in alternative transportation in case of emergency with busses. If you are uncomfortable with this school-wide concept, feel free to provide transportation for your child to and from away games if this issue arises.

Players that leave with parents after away games must sign out with a coach. This will allow the coaching staff to have a grasp on who will be riding the bus home.

Proper Pre-game Behavior:

The program is to look professional at all times. This includes:

1. Respect during the pre-game warm up and the National Anthem
2. Sitting together as a team at away games
3. Respecting others in the stands
4. Refraining from junk food before games
5. Sound respectable at all times while speaking

The Nine Contributions to Soccer

In short, the following are contributions to soccer that we ask of each player:

1. I will do my best academically.
2. I will be on time for every practice, bus time on away games, and warm-up time for home games.
3. I will give 100 percent in every practice and game.
4. I will allow myself to be coached.
5. I will respect my teammates on and off the field.
6. I will respect the authority of the match officials and of my coach.
7. I will do my best to achieve the goals of the team.
8. I will maintain a positive attitude on the field and the classroom.
9. I will be of good moral character on and off the field.

Players on the Bench-Author Unknown

It takes more than eleven players to make a winning team. The starting eleven may win the game, but it takes the whole team to win the championship-to go all the way. The team is really like an iceberg. You see the starting eleven, but underneath it all is that big, wide, strong base-the rest of the team. This is the part of the team that builds the character of a lasting winner.

The more dedicated the woman on the bench, the harder she works, the more she pushes and strengthens the starting eleven-the higher she pushes the iceberg out of the water-the bigger it gets-the better the team.

If she quits, doesn't give her all, or becomes complacent in her position, she erodes that strong base and erodes the character of the team. She contributes to the error in a tense, one goal game, she is partly to blame for that mental lapse with four minutes to play in the big rivalry, she undermines the total effort necessary for the team to come back from a two goal deficit in a championship game.

And yet this player on the bench must be there-watching, waiting, and hoping-sometimes agonizingly-for that chance to use her special skill to better the team efforts. To make the base of that iceberg-to help build the character of the team.

Yes, agonizingly because she knows there is a chance she won't play because she may be the smallest woman waiting to break open a defense or she may be the girl called in an instant to shut down the unusually big offensive unit that is hurting the team inside the box. She may even be the woman that's hurt, but working twice as hard to be physically fit in time for the last game.

She may be the woman on the bench who demonstrates to the fans that this team really has character from the bench to the goal line. But even more important she may be the whole bench that the player looks too late in the game when she is hurting, out of breath, and burning inside for that spirit, that push, and that enthusiasm.

When the game is over, when the season ends and all the fans and sports writers are talking about the top of the iceberg, the stars and the heroes, the players will know that the real winner is the team, the whole iceberg, especially the base-the women on the bench who build the character to make the team a lasting winner.

Carman-Ainsworth High School
 2017 Girls Varsity Soccer Schedule
 Coach: Jessyca Mathews

Day	Date	Opponent	Location	Time	Bus
Mon.	Mar-27	Kearsley	Home	4:30 PM	
Wed.	Mar-29	Byron	Home	4:30 PM	
Mon.	Apr-10	Mt. Morris	Home	4:30 PM	
Wed.	Apr-12	* Midland	Away	7:00 PM	2:45 PM
Mon.	Apr-17	* BC Central	Away	5:00 PM	3:00 PM
Wed.	Apr-19	* HH Dow	Home	4:30 PM	
Fri.	Apr-21	Owosso	Home	4:30 PM	
Mon.	Apr-24	* Davison	Away	6:45 PM	3:30 PM
Thurs.	Apr-27	* Southwestern	Home	4:30 PM	
Mon.	May-1	* Mt. Pleasant	Away	5:00 PM	2:00 PM
Wed.	May-3	* Saginaw at White Pine MS	Away	6:45 PM	3:00 PM
Fri.	May-5	* Northwestern	Home	4:30 PM	
Mon.	May-8	* BC Western	Home	4:30 PM	
Wed.	May-10	* Heritage	Home	4:30 PM	
Fri.	May-12	Corunna	Home	4:30 PM	
Mon.	May-15	* Lapeer	Home	4:30 PM	
Wed.	May-17	* Powers at Atwood	Away	7:00 PM	TBA
Tues.	May-23	Montrose	Home	4:30 PM	
Tues.	May-30	District begins - Davison host	Away	TBA	TBA

* Saginaw Valley League match

Carman-Ainsworth High School

2017 Girls J.V. Soccer Schedule

Coach: Brenna Meicher

Day	Date	Opponent	Location	Time	Bus
Mon.	Mar-27	Kearsley	Home	6:00 PM	
Wed.	Mar-29	Southwestern	Home	6:00 PM	
Wed.	Apr-12	Midland	Away	5:00 PM	2:45 PM
Mon.	Apr-17	BC Central	Away	5:00 PM	3:00 PM
Wed.	Apr-19	HH Dow	Home	6:00 PM	
Fri.	Apr-21	Owosso	Home	6:00 PM	
Mon.	Apr-24	Davison	Away	5:00 PM	3:30 PM
Mon.	May-1	Mt. Pleasant	Away	5:00 PM	2:00 PM
Wed.	May-3	Saginaw at White Pine MS	Away	5:00 PM	3:00 PM
Mon.	May-8	BC Western	Home	6:00 PM	
Wed.	May-10	Heritage	Home	6:00 PM	
Fri.	May-12	Corunna	Home	6:00 PM	
Mon.	May-15	Lapeer	Home	6:00 PM	
Wed.	May-17	Powers at Atwood	Away	TBA	TBA
Tues.	May-23	Montrose	Home	6:00 PM	

Carman-Ainsworth Girls Soccer Program

Player/Parent/Coach AGREEMENT 2017

Date _____

I, _____, parent of

_____, a player on the Carman-

Ainsworth High School Soccer Program, have reviewed and discussed with the coaches and my child the rules and regulations of the competitive season.

I agree to accept and abide by these rules and will be a positive, supportive influence to my child, other players, parents, and coaches and the team/program in general.

I have been made aware of the schedule, obligations, volunteer work, team bonding, and understand the commitment required as a parent and as a player, and will give 100%. I will be available for the season and will participate in assisting with the team.

Player Signature

Parent Signature

Date:

Accepted and approved:

Coach

Date:

**CARMAN-AINSWORTH COMMUNITY SCHOOLS
TRANSPORTATION RELEASE**

There may be times during our sport seasons when bus transportation may not be available to transport our athletes to and from games, meets or practices. Below is a transportation waiver form to allow your son/daughter to be transported to games, meets, or practices by alternate means of transportation. Please sign and date this document to allow your son/daughter to use alternate transportation during their sport season.

I hereby give my
son/daughter _____
Print name

a member of the _____ permission to:
Team/Activity

1. Drive themselves and other team members to games, meets, and practices when bus transportation is not to be used.

2. Ride to games, meets, and practices driven by other adults or team members when bus transportation is not to be used.

I agree to release the Carman-Ainsworth School District, its employees, and officers from all liability with reference to the above stated transportation.

Parent's Signature

Date