

Spring Valley High School Girls Soccer



Team Policy Handbook

Revised 1/24/20

The Spring Valley High School Girls Soccer Team
Will forever remember our teammate,

Ashley Nicole Dent,
Senior Midfielder, #10, Class of 2008.

In Honor of Ashley's Love for and Dedication to the
Spring Valley Varsity Girls Soccer Program:

- ❖ Spring Valley and Irmo High Schools will Jointly Host the Annual Ashley Nicole Dent Memorial Game.
- ❖ Monetary Support for the Ashley Nicole Dent Memorial Scholarship Fund Occurs Annually through Various Events.
- ❖ Two Scholarships Presented by Spring Valley Girls Soccer have been Named in Ashley's Honor, as She Epitomized the Award Qualifications.
- ❖ Ashley is Honored with a Sculpture and Memorial Garden that Resides Within the Spring Valley Soccer Complex.

Ashley - You will Always Remain in Our Hearts, On Our Minds,
And a Member of Our Team-
A Viking Forever!

Ashley's #10 Jersey was Retired in 2006 and is Proudly
Displayed in Perpetuity
in the Spring Valley High School Hall of Fame.

Spring Valley Girls Soccer and other athletic information can be accessed at the following:

<http://www.springvalleygirlssoccer.com>(team calendar)

sites.google.com/richland2.org/spring-valley-athletics/home (physical, etc.)

www.schsl.org (SC High School League information)

A. Welcome

Welcome to the Spring Valley Girls Soccer program's pre-season information session. At this meeting, you should receive all of the information and other guidelines necessary to try out for one of the girls' soccer teams. This booklet will also contain much information that you might wish to refer to during the season, so please keep it. Also, be sure to share this handbook with your parents!

B. Required Materials (forms, etc.) *Many forms completed post-tryouts

All athletes must provide all of the information shown in the checklist below (a detachable checklist is included with the forms at the end of the handbook). Please complete the checklist and turn in all forms by the due date. Forms should be turned in all at once for organizational purposes.

****Note:** the current physical form is four pages, **originals only**. Also, it cannot be accepted from new players without a photocopy of the player's birth certificate - see first four bullets below.

- ✓ A physical must be completed and signed by a physician (original form only). No participation is allowed before completion. Girls who played a sport at Spring Valley during the current school year should already have a physical on file. All physicals must be dated after April 1st of this year.
- ✓ A parent permission form (see bottom of physical form) must be completed and signed (original only).
- ✓ The Sports Health and Concussion Acknowledgement forms are required of all athletes before any physical participation, including workouts.
- ✓ All *new* athletes must provide a copy of their birth certificate to be turned in to the S.C. High School League. Please bring this document to me with your completed packet. This copy will NOT be returned. If you have played a sport at Spring Valley, this should already be on file.

- ✓ District II Sports Participation Fee (\$50) must be paid (once yearly - if you have already played a sport this school year, you have already paid the fee) to the fee office. They will enter your record of payment into their database. Do not bring your receipt to me - keep it for your proof of payment in the event that your name does not end up on the database.
- ✓ All athletes must maintain proper academic standing in order to be eligible. Please be aware of the district's 2.0 policy. I will confirm grades through school records.

Distributed at the Parents' Meeting in February

- ✓ The "Athletic Trip Permission" form must be completed and returned, including medical information. This form must be notarized and returned by all players.
- ✓ The Team Policy Handbook Acknowledgment Form must be signed by both players and parents and returned.
- ✓ The Locker Waiver Form must be completed and returned. Girls soccer does not use gym locker room facilities since we have restrooms at the soccer complex.

Check off each of these steps as you complete them. Please have all steps checked off prior to the due date. Players are not allowed to participate in SV Soccer activities until forms are completed and accounted for properly.

C. Team Rules

Players who exercise the privilege of joining a school sports team are accepting the fact that team goals come before individual goals. In order for our team to be successful, your top in-season priorities are expected to be: 1) Family obligations (including religious obligations); 2) School; and 3) Soccer. As such, an atmosphere of organization, dedication, and discipline must be established. We have found that the following 3 basic rules help to establish such an atmosphere.

1. Do What's Right - Just do the right thing
2. Do everything to the best of your ability
3. Show people that you care

Expectations

- Punctuality -- Players will be on time to all team functions. Remember - 4:01 p.m. is late for a 4:00 p.m. practice. If the bus is scheduled to leave at 4:00, It leaves at 4:00.
- Attendance -- Players are expected to have 100% attendance at practices and other team functions. A soccer team cannot function properly if all members are not present. Obviously, emergencies such as a family wedding or death in the family are recognized and excused. Major sicknesses are also excused.

- I do expect an e-mail (jbrindel@richland2.org) or phone call\text (803-315-9038) that day so that I can properly plan practices around absences. To be sure of being excused, notification to coaches must come prior to practice time and be approved.
 - Remember that colds, headaches, stomach aches, and allergies are usually inconveniences -- not major illnesses. Other exceptional needs will be evaluated on a case by case basis and must be approved in advance.
 - Some school functions, for example, are approved in advance. Also, you will receive a complete practice and match schedule well in advance of the season. There will usually be a few built-in "off" days for players to complete research projects, schedule doctor's appointments, etc. Please plan ahead so that conflicts will not arise.
- **Grades** -- Players are students first. You are expected to maintain a positive academic standing at all times. Please remember that the district's "2.0" policy for athletics is in effect.
 - **Behavior** -- Players are expected to conform to all state, local, community, district, school and team laws, rules, policies, and standards. That includes showing proper respect to coaches, officials, and parents.
 - **Et cetera** -- Any additional rules, directions, instructions, etc. given either verbally or in writing by team coaches or any SVHS coach, teacher, administrator, or other adult in a position of authority are to be followed.
 - **Hazing** - Hazing, including seemingly innocent\fun\traditional\team building activities that might be construed by a sensitive person as such, has been strictly prohibited by Richland School District Two. Players within the girls soccer program must adhere to these standards.
 - If there is any question about whether an action is a rules violation, ask before acting.

Consequences -- Rules violations may result in a variety of disciplinary actions ranging from simple running to suspension from part or all of a game(s). Multiple or extreme violations may result in dismissal from the team. Other measures, including school discipline, may be taken when appropriate.

- **Unexcused**
 - Late to practice = Conditioning
 - Late to game = Conditioning & Does Not Start
 - Miss Practice Day Before Game = Conditioning and sit half of game
 - Miss Game = Conditioning and sit out next game

- **Note:** Athletic department policy states that players who are severely disciplined during or after the final game of their senior season (i.e., deemed guilty of a flagrant violation such as instigating a post-game fight, vandalizing an opponent's venue, abusively confronting referees after the match, etc.) may be removed from the team and barred from lettering, receiving awards, attending banquets, etc.

D. Travel Policy

Official pick-up locations:

Practice - gate near rear corner of tennis court parking lot

Matches - tennis court parking lot

All team members are expected to travel to all away matches, including if injured. Team members will all ride to matches on the team bus. Any exception (special circumstances only) must be cleared with the coach ahead of time for the player to be eligible to travel to the match separately and participate.

Players should ride home with the team, but they will be allowed to leave a match with their parents. *Players not riding home on the team bus are allowed to ride home only with their own parents. Any exceptions (extenuating circumstances) must be approved in advance by the coach. A signed permission letter will be required from the player's parent. Advance permission cannot be given on the field after a match.* These rules may seem stringent, but they are designed around two primary concerns: player safety and the ability of the coaches to be able to accurately account for the whereabouts of all players. Varsity players are traditionally expected to ride home on the team bus.

Players must have the "Athletic Trip Permission" form on file prior to being eligible to travel with the team. This form must be completed, signed, and notarized.

E. Lettering and Other Team Awards

The following criteria will be applied to determine which varsity soccer players earn letters after the season:

- ✓ Only varsity players are eligible to letter.
- ✓ To be eligible to letter, a player must remain a member of the team, in good standing, for the entire season. Any player who quits the team or who is otherwise removed from the team at any point during the season will not be eligible to receive a letter.
- ✓ All underclassmen must play in at least one-third (typically about 7) of the possible matches during the course of the season in order to letter. Exceptions to this rule may occur (such

as a player becoming a starter and/or stellar performer late in the season, major injuries, etc.), and the sole discretion of whether to award a letter in such instances will rest with the head coach.

- ✓ All Senior varsity players in good standing will receive a letter regardless of playing time. Other upperclassmen (Juniors) varsity players may be considered for a letter if the above playing time requirements for underclassmen have not been met provided they have multiple years of participation with the Spring Valley soccer program and have shown stellar achievement in areas such as attendance, work ethic, attitude, and loyalty/respect for the expectations and traditions of Spring Valley soccer. Again, sole discretion rests with the head coach.
- ✓ Players may be disqualified from lettering for failure to meet team standards of discipline, practice attendance, etc., even if the minimum playing requirements have already been met. Any player missing one match (unexcused) or two practices (unexcused) may be deemed ineligible to receive a varsity letter. In order to be excused, prior approval is generally required.

Post-season awards include the following:

- ✓ Team Captains -- Leadership awards selected prior to the season. See full requirements below.
- ✓ Offensive, Defensive, and Overall Players of the Year -- Performance awards generally selected by teammates.
- ✓ Most Improved Player -- Awarded to the player who has shown the most improvement over the course of the season (or compared to last season); usually awarded to a player who has become instrumental in team success.
- ✓ Scholar-Athlete Award -- Awarded to the college-bound senior with the highest grade point average.
- ✓ Ashley Nicole Dent Viking Pride Memorial Scholarship -- Awarded to a deserving senior or junior varsity girls' soccer player (see description below).

**Spring Valley Girls Soccer
The Ashley Nicole Dent
Viking Pride Memorial Scholarship (\$2,000)
Funded by the Ashley Nicole Dent Memorial Foundation**

Objective: To reward a Spring Valley girls soccer player who has shown outstanding dedication, work ethic, team spirit, leadership, drive, behavior, attitude, and support of team goals (the ultimate team player who demonstrates pride in Viking soccer through her actions both on and off the field).

Description: This award is dedicated to the memory of Ashley Nicole Dent (varsity soccer player, SVHS Class of 2008), who during her time with our team exemplified every aspect of this award. The selected player will exemplify the above characteristics - those that tend to set the ultimate team player apart from her teammates. Athletic talent is *not* a variable that is considered, and the player may or may not be a top player on the team. The selection is based exclusively on the mental and physical efforts that the player puts into being the best player she can be and helping to make the team the best it can be.

Selection: The recipient of the award will be selected by the coaching staff from amongst a pool of qualified (junior\senior) players nominated by their teammates. Coaches will examine the merits of each nominated player prior to deciding who will receive the award. Seniors will receive priority.

Qualification: Only upperclassmen will be eligible for the award. Priority will be given to qualified Seniors, but Juniors will also be eligible. The recipient must be a member of the varsity team. The recipient must be planning to attend a technical school, college, or university upon graduation. No player will be eligible to win the award twice.

Disbursement: The award will be disbursed to the financial aid office of the institution the player will attend after high school. The player will claim the award from that office to use toward school costs. The player will be responsible for directing the financial aid office to request (by letter) funds from the **Spring Valley Education Foundation**.

Spring Valley Girls Soccer – Qualifications and Procedures for Electing Team Captains

Spring Valley Girls Soccer – Qualifications and Procedures for Electing Team Captains

Spring Valley High School seeks to promote a variety of positive qualities in our athletes, including leadership. The girls soccer program attempts to do the same. Spring Valley girls soccer players will have to meet the following criteria in order to be named to the pool of players eligible to be elected as Team Captains, the top leadership role for players on the girls soccer team:

Provided that they meet the following criteria, only upperclassmen (juniors and seniors) are eligible for Varsity Captain; any JV player is eligible

- Only those players that have been selected for the Varsity team, met 50 percent of total possible workouts, and completed the NFHS online Captains Course are eligible to be considered for Varsity captain:
- Only those players that have been selected for the Junior Varsity team, met 50 percent of their possible workouts, and completed the NFHS online Captains Course are eligible to be considered for JV captain:
- Players with a continued positive academic standing are eligible;
- Players with a continued positive behavioral record at Spring Valley are eligible;
- Players with no extensive record of conduct detrimental to the team, violations of team\athletic department policies, etc. are eligible;
- Players who wish to be eligible to be elected Team Captain **MUST** display a strong record of team leadership (which begins with being a good follower and teammate during underclassmen years), including on the field, off the field, and in the weight room, are eligible;
- Players who wish to be eligible to be elected Team Captain **MUST** display positive team and school spirit, showing support for Spring Valley High School, the girls soccer team, and their teammates\coaches\fans;
- There may be instances in which the discretion of the coaching staff may come into play in determining eligibility – if so, our policy would be, on minor issues, to err in favor of a player being eligible (our goal is to encourage growth, responsibility, and leadership, not disqualify athletes), but final eligibility decisions will be made by the coaching staff in all cases.

Over the years, we have found that most of our girls soccer players easily meet most of these criteria. Some, though, require more effort, dedication, and/or leadership to achieve. Not all of those who meet all of the criteria will be elected Team Captain by their teammates, but simply making the pool of eligible players will be a tremendous testament to their character and dedication.

Please note that, should any player be elected Team Captain as a junior, there is no guarantee implied for the senior year. All criteria would still apply equally to all players.

The Junior Varsity team will select captains in similar fashion, although certain standards (class, longevity of service, etc.) are modified as appropriate.

F. Who Plays

While we as coaches try to teach athletes many lessons beyond the results that end up in the "win" and "loss" columns, we must also recognize that, by the time players reach the high school level of competition, match results are important. Therefore, we try to put the best possible team on the field in all matches. The result is that all players will not play in all matches.

At the varsity level, there are no guarantees of playing time for any player. At the same time, coaches will (under normal circumstances) make an effort to allow every player to play in matches where the outcome is no longer in question, although this is not always possible.

At the JV level, outcome is still important, especially to the players on the team. We do, though, make more of an effort to allow each player to play in each match. Unless benched for discipline, injury, or other similar issues, each player should usually expect to play for at least a few minutes each half. However, playing time generally will **not** be equitably distributed. Players who earn starting positions and/or more playing time will expect to receive the bulk of the available minutes. Determination of player minutes is decided by the JV coaching staff.

G. Discipline Policy

Team disciplinary matters are handled individually and at the discretion of the head coach. See "Team Rules" and "Letter Policy" for various guidelines and consequences for violations. Various athletic department guidelines also apply and are discussed below and in the appendix.

Athletic Department Guidelines

1. Participation in athletics is a privilege, not a right. Athletes are expected to conduct themselves at all times, both in and out of school, in a manner which will not embarrass or bring discredit to themselves, their team or Spring Valley High School. Conduct unbecoming a varsity athlete may result in suspension from the team.
2. Suspensions from individual games will be at the sole discretion of the sport's head coach. Suspension from multiple games or dismissal from the team will be approved by the athletic director.
3. Use or possession of alcohol or other illegal drugs at school, in a school vehicle, during or prior to school activities, or observed by a member of the coaching staff, administrative staff or faculty member "in-season" will result in suspension from the team for the remainder of the season. Further participation in athletics will be at the discretion of the principal, athletic director and head coach in that sport. See the appendix for additional information.
4. Use or possession of any tobacco product will result in a minimum of a one game suspension and a maximum of dismissal from the team for the remainder of the season. See the appendix for additional information.
5. Any athlete, on out-of-school suspension, during his sport season may not practice or participate in any competitions during the suspension. See the appendix for additional information.
6. Any athlete not attending school on any given day may not practice or compete on that day.
7. Any athlete who owes fees for any previous school year will not be allowed to participate until the fees have been cleared or a payment plan approved and initiated.
8. Any athlete leaving a team, prior to the end of the season, may not begin participation with any other team without the permission of the head coach of the exiting team or until after the State Championship of the exiting team.
9. Specific rules and regulations governing each sport will be given to each athlete by the head coach. A copy of these rules will be on file in the athletic director's office.
10. Any action or omission on an athlete's part, which could require disciplinary action not specifically covered in either the athletic discipline policy or the individual team's rules, will be resolved jointly by the head coach and the athletic director. Repeated violations of the athletic discipline policy may result in permanent suspension from athletics.

H. Website Information

Three web sites you might find helpful are www.springvalleygirlssoccer.com, www.schsl.org, and www.svkingcup.org. The first has a link to the Spring Valley Girls Soccer page and calendar. The second is the South Carolina High School League's site. The third is the official site of the Spring Valley Viking Cup, Presented by South Carolina United FC.

I. Directions to Matches

Matches are generally played on the host school campus. In the event that schools have stadiums off campus or have otherwise scheduled matches for off campus locations, I will provide parents with appropriate addresses for GPS navigation. I secure "best GPS address" from opposing coaches.

J. Schedules

All players will receive practice and match schedules prior to tryouts. Schedules and calendars can also be found on the websites mentioned in this handbook. Players are expected to attend all matches and practices, so personal schedules should be set accordingly.

<https://www.springvalleygirlssoccer.com/> (daily calendar)

K. Make-up Policy

Every effort is made to play all matches as scheduled. At times, though, we are at the mercy of the weather or of officials at other schools. Matches can be rescheduled at any time. Usually, this will be during the week, but it is not inconceivable that a match could be rescheduled on a weekend. All coaches and athletes need to be prepared to adjust personal schedules as necessary to accommodate the team.

L. Dual Sport Policy

See "Athletic Department Guidelines" for information concerning participation on the soccer team if playing a winter sport.

Participation on an out-of-school club soccer team during the high school season is now permitted by South Carolina High School League rules. However, during the high school season, players will need advance permission to miss any Spring Valley Soccer function to participate on an outside team. The general expectation is that the athlete will make all Spring Valley soccer functions.

M. Tryout Policy

The following procedures will apply to girls soccer tryouts:

- Players should attend all tryout dates.
- Tryouts will begin with approximately three days of evaluation (adjusted up or down as numbers or other needs dictate). Players may be released during or after this initial tryout period. Those remaining will still be being evaluated over the next couple of weeks (approximately), including during scheduled scrimmages so that true match-level evaluation may take place. At any time during this period, players may be reassigned to either the junior varsity or varsity teams. Rosters will be finalized as soon as possible (and may not change after the week of initial tryouts).
- Players will be evaluated by all coaches on staff. Initial evaluation will generally take place through small sided games and scrimmages (evaluation for players in the secondary evaluation phase may take any number of forms up to and including scrimmage matches against other schools). Certain drills may be used as well. Times previously recorded in speed and endurance drills will also be used. In some instances, other coaches knowledgeable about a player's abilities may be contacted. All players who are present at all tryout dates will be fairly evaluated (to the point that the player's abilities are clear to the coaching staff or other knowledgeable observers).
- Players who make a team will be named to either the junior varsity or varsity teams after the completion of all tryout phases. All team assignments are fluid - players may be promoted, etc. as necessary depending upon development, injuries, other areas of need, etc. Seniors are ineligible to play on the junior varsity team.
- Any history of poor conduct on the athletic field, at school, at team functions, or in other areas deemed potentially detrimental to the health of the team may negatively influence a player's selection.
- Sole discretion pertaining to selection of players will rest with the coaching staff, and the decisions of the head coach will be final.

N. Uniforms

Uniforms issued to players are on loan. All equipment is expected to be returned, clean and in good condition, at the end of the season. Items that are lost or damaged must be replaced by the player (debt sheets will be issued). Items that are damaged in competition or through normal wear and tear will be replaced by the team.

****Cleaning information for custom uniforms will be provided to players and parents and must be followed.**

Approximate replacement costs for items not returned are:

Jersey - \$60-100 (stock, custom)

Shorts - \$30-50 (stock, custom)

Bag - \$70

O. Pre-season\Off-season Fitness Expectations

Players are expected to maintain a reasonable level of fitness prior to tryouts. Team pre- and off-season conditioning sessions (which include both weight training and speed and agility sessions) are, by rule, optional. However, as dedicated members of the Spring Valley soccer program, all returning players should make an effort to be present at conditioning sessions.

Please be advised that optional participation in pre- and off-season conditioning does not guarantee players a spot on either roster (though it certainly will not hurt one's chances at tryouts). It is designed to enhance your own personal abilities in the areas of speed, quickness, strength, and agility as well as help with injury prevention. This will enhance your chances of performing at a necessary level at tryouts, enhance the team's overall performance, and improve your ability to avoid injury during the season. It will also enhance your chances of earning playing time as you become more competitive on the field and relative to other players.

Conditioning Suggestions:

****Attend the Spring Valley Girls Soccer off-season conditioning sessions regularly, where you will engage in weight training, speed and agility training, and team-building activities. Attendance expectations that will ensure that you enter tryouts in peak physical condition, both enhancing your abilities and chances of making a team and preventing injuries, are set at 80%. As a player, it should be your goal to meet or exceed 80% attendance.**

Remember: Proper fitness is key to both injury prevention and on-the-field success in soccer.

P. Off-Campus Conditioning/Training

Please be aware that some of our conditioning work, especially pre-season, may be done off campus. Also, we have at times contracted with the Plex for training space on an as-needed basis (typically only when inclement weather would prevent training on our fields at Spring Valley). Training here involves both riding in cars to the Plex (a couple of miles from SVHS, in the Village at Sandhills) and training in an indoor facility.

While we have never experienced a serious situation or injury while involved in these workouts, the potential does exist. Therefore, parents are asked to complete the attached form granting permission for players to participate in off-campus workouts or training, including traveling to an off-campus site such as the Plex.

Q. NCAA Initial Eligibility Clearinghouse Information

College-bound student athletes (those who wish to play sports in college) must receive academic clearance from the NCAA Clearinghouse to establish eligibility. The process, though usually smooth, can sometimes be time consuming and difficult, especially if a problem presents itself. It is recommended that athletes and parents (*even underclassmen, who must be knowledgeable of the required core courses they must complete*), if the athlete may seek to play in college, peruse the following web sites and take any appropriate actions. Also, early registration (by Junior year) with the Clearinghouse is recommended by the NCAA. Any questions you might have can be addressed by our coaches, the Spring Valley guidance department, or the NCAA.

The two web sites that will provide necessary information are www.ncaaclearinghouse.net and www.ncaa.org. The NCAA strongly recommends online registration, but paper registration is available.

R. Contact Information for Coaches

If you have any questions or other needs either now, before the season, or during the season, feel free to contact the coaches at:

Jamie Brindel - 803-736-8740 x3111 (w)
803-315-9038 (cell, inc. off season conditioning)
jbrindel@richland2.org

Kim Franklin - 336-327-5668 (cell, inc. away matches)
kfranklin@richland2.org

Christina Clay - 717-609-3418 (cell, inc. away matches)
chrismith@richland2.org

S. Important Dates

Entire season calendar can be viewed at www.springvalleygirlsoccer.com

T. Forms

All forms mentioned throughout this handbook (see "Required Materials") are available on the school website (physical packet) or provided to parents at the post-tryout parent meeting.

U. Thank You

First, I would like to thank you for your interest in Spring Valley Soccer and for attending this meeting.

V. Appendix (on-line)

A variety of applicable information from the Spring Valley High School Viking Athletics Coaches' Handbook and the Richland School District Two Athletic Staff manual are pertinent to parents and/or players. This material has been compiled in the Viking Parent Athletic Handbook (pdf file) located on the athletics page of the Spring Valley High School website (go to <https://www.richland2.org/svh/pages/default.aspx> and follow the links). Players and parents should view this manual. All girls soccer policies have been adjusted so as to parallel current SVHS and RSD2 policies. Any discrepancy is unintended, and any related issue would be addressed via the highest applicable policy (i.e., RSD2, then SVHS, then Girls Soccer Policy Manual).

Non-Discrimination Disclosure Statement

Richland School District Two does not discriminate on the basis of race, color, religion, national origin, sex, disability, age, or other protected characteristic in its programs and activities.