

Taos High School Soccer Program Codes of Conduct, Team Philosophy, and Guidelines

Dear Parents,

Welcome to the Taos High School Soccer Program. As coaches, we are committed to helping our young student-athletes reach their full potential by creating an environment that is both educational and enjoyable, yet challenging and safe. We understand that achieving this requires teamwork among coaches, student-athletes, and parents. We must also establish guidelines for team members and their families, based on our knowledge of the sport. Our student-athletes and their families need to be aware of and understand our team philosophy and guidelines. These reflect what our experience has taught us and what we believe is in the best interest of the individual student-athletes and our team.

Our program's philosophy goes beyond soccer to highlight essential life qualities. The skills your child develops can be crucial for their growth and future success. Our mission is to positively influence our team members by fostering happy, healthy, and confident players. We believe that the training will significantly enhance your child's physical and emotional well-being. We prioritize quality and excitement in our competitive program. Initially, we focus on developing individual skills, and once those are mastered, we move on to building team skills. We also aim to support each player's personal goals as well as those of the team.

Although winning is enjoyable, as it indicates team progress and boosts morale, it is not the coaching staff's primary focus. It is unrealistic to expect us to win all our matches. We will measure success by the development of technical, physical, and social skills, as well as the enthusiasm of our players. Generally, young athletes participate in sports because they love to compete and enjoy the game. It is usually adults or parents who tend to gauge success by the score, season standings, or the final tournament placement. We hope this won't be the case with our parents, and we ask you to help your child recognize all their accomplishments, regardless of the outcome.

We look forward to coaching your children and hope this helps you understand our intentions. Our goal is to have many fun-filled, successful years ahead. **Please have your child read the team philosophy and guidelines to you. We require the last page to be signed by all and returned before our first practice.**

Sincerely,

THS Soccer Coaching Staff

TEAM GUIDELINES

- **MUTUAL SUPPORT:** We will consistently aim to help each other improve. A team's strength depends on its members' strength. No unproductive criticism or insults toward teammates will be tolerated. While each of you has your own goals and dreams, you are also here to support and uplift your teammates. Encourage your teammates when they try new skills, and stand by them when they make mistakes.
- **BE COURTEOUS:** Show the highest respect for the game and your hard work by arriving at all competitions and practices prepared and on time. Conduct yourself in a way that honors the sport of soccer, and accept all outcomes positively. Often, we learn more from our mistakes than from our successes. Always treat teammates, opponents, referees, parents, and coaches with respect. When possible, remember to thank your parents, coaches, referees, and event organizers for their time and effort. Without them, you wouldn't be able to participate. Follow the rules of play. Be a good sport for everyone's sake.
- **EMBRACE HUMILITY AND AVOID BRAGGING:** When complimented, always respond with a simple **"Thank you."** Carry yourself modestly. Have enough confidence in your abilities to keep your personal or team success to yourself.
- **NO TRASH TALKING, NO TAUNTING:** This is a common practice in sports today, used to gain a psychological edge during a match. This will not be tolerated in any form on our team. Resorting to these tactics usually indicates a lack of ability and self-confidence. Let your play and actions speak for themselves.
- **RESPECT YOUR PHYSICAL SELF:** The demands of soccer require you to fuel your body with nutritious foods (**drink plenty of water and/or scientifically researched sports drinks**). Rest your body, get to bed early, and most importantly, listen to your body when it tells you to stop due to illness or injury.
- **RESPECT YOURSELF:** Give your very best every time you step on the playing field, whether it's a practice or a game. Competitive players who aspire to be excellent or exceptional understand that achieving their goals requires discipline and dedication. Only you can accomplish this; nobody else can do it for you. Through hard work, you develop the skills and confidence needed to become a better player.
- Success won't be handed to you; no magic phrase makes it appear. It won't come unless you earn it. To achieve success, you must pay your dues through honest effort and commitment. The more you practice, the better you become; the better you become, the more enjoyable the experience will be. If you don't work hard to reach your potential, others who are committed will take away your future glory.
- It's up to you, however, to make a commitment. Your coaches will do everything possible to help you, but ultimately, only you can make it happen.
- It is important to remember that if you practice more than someone else, you are likely to improve and surpass them. Conversely, if someone else practices more than you, they will become better than you. Please do not settle for mediocrity; the world is full of it. Strive for greater heights. A champion is someone who pushes themselves to exhaustion when no one is watching.
- Life as a student-athlete isn't always enjoyable; practice isn't always fun, and games can be challenging. It's misleading to think that playing should always be enjoyable. The game demands a lot of effort, and you'll experience many failures. Sometimes, you might even dislike the sport, but it's not the sport itself you hate; it's your frustration. You **won't** always perform at your best. Soccer is both physically demanding and highly technical. You'll face emotional setbacks like frustration, fear of failure, and fear of losing. See these as challenges, embrace them, and conquer them; learn from your failures. Without failure, progress can't happen. Set ambitious goals and standards for yourself. Work consistently to reach and uphold them. Stay positive when facing tough times. With a good attitude, you'll overcome weaknesses and frustrations through hard work. Achieving something you once thought impossible, that's where the real 'fun' is.
- **Respect and loyalty to your team:** Attend every practice leading up to all essential games or events. While every event has value, some are more crucial than others. Before key games or events, we expect all team members to be present at every practice. This demonstrates respect for your hard work over the past year, as well as your loyalty to your coaches and, most importantly, your team. Give your best effort before all events. Athletes who unjustifiably miss a practice in the weeks before major events risk losing the respect and trust of their teammates and coaches.
- Your behavior with your team during practice reflects your respect for yourself, your teammates, your

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coaches, and your families. How you act at tournaments, team events, and when traveling to and from tournaments publicly reflects your attitude towards yourself, the team, and the sport of soccer. Only the highest standard of behavior will be accepted.

- **No profanity, no fighting:** Our team activities should be enjoyable and safe for everyone. As a team, we must represent ourselves and each other responsibly. If a problem occurs, tell your coaches or, if it's during a game, tell the referee. **Do not retaliate.** Show enough respect for yourself and your teammates to avoid inappropriate behavior.
- **The use of alcohol, drugs, vaping, and any other illegal substances is strictly prohibited.** Our team dedicates countless hours to give our best effort, and all of that is wasted if you lack the self-respect to stay away from **these substances**. Engaging in any of these **illegal** activities will result in **immediate expulsion** from the team.

PLAYER GUIDELINES

- Attend all practices, competitions, and special events.
- Please notify the staff in advance if you will be absent for any reason.
- If you know in advance you will be absent. Please send an email or message; it can sometimes be challenging to remember what all team members tell you.
- Arrive on time, prepared for practice, and remain until practice is over.
- You are expected to work hard and give your very best. This is all we ever ask of you, and this is always what you should demand of yourself.
- Always come to practice prepared with the following: shin guards (with socks over them), water or sports drink, soccer cleats or turf shoes, warm-up gear, gloves, rain gear, and an ear warmer or hat.
- **You will not be allowed to participate without shin guards.**
- Treat other athletes with respect and be kind and helpful to those who are younger than you.
- Do not hold yourself in higher esteem than those around you. Everyone has strengths and weaknesses, and if you have not found your weaknesses yet, you will.
- Always ask permission when leaving practice. This applies to leaving practice early or going to the restroom. The main reason for this is so your coaches know where you are at all times. Do not wander off. This is for safety reasons. If you do not have a ride home after practice, please let us know. You will not be allowed to remain unattended.
- All participants must leave as soon as possible once practice or the game is complete. The coaches cannot leave until all participants have left the facility.
- Tell your coach when your body is telling you to stop or slow down. This shows respect for yourself, your teammates, and your coach.
- If you are sick, taking medication, or are injured, we need to know, and you should listen to your body. Pain is your body's way of telling you to stop. Also, inform your coach if you have engaged in any strenuous activity before practice. We want to avoid risking injury by overworking your body.
- There are times when players will fake an injury or illness to avoid activities they don't want to participate in, but when they see an exercise they like, they suddenly seem fine. This will not be allowed. If a player claims to be ill or injured, they must sit out the remainder of practice and cannot rejoin the activities.
- If a player is ill or injured, they will not be allowed to participate until we have the parents' approval for them to do so. This is for the player's safety.
- If a player sustains an injury requiring medical attention, they will not be allowed to return until a doctor's note clears them for participation.
- No one is permitted to play while injured. Coaches can offer advice, but we are not medical professionals or family.
- If your child suffers an injury, we would still like them to attend practice when they are able. They can learn by watching and listening. They are still part of the team.
- If a player is ill, they should not attend to prevent the illness from spreading throughout the team.
- Provide your body with nutritious food and drinks, and ensure you get enough sleep. This will help you stay healthy and perform at your best. Avoid unhealthy food and soda.
- Please respect and care for all the equipment. When practice is over, it is the player's responsibility to ensure that all equipment is picked up and put away. This is a job for all team members, not just a few.
- Always act in a way that shows respect for yourself and your teammates. The time we will spend

together should be a happy, motivating, and uplifting experience.

- There is no room for rude or belittling comments, displays of anger or disgust, talking back to coaches or other adults, or crying because you have given into your frustrations or fears.
- Be honest, lying and cheating are the highest forms of disrespect. They demonstrate disrespect to your teammates, coaches, parents, and most importantly, to yourself.
- If you cannot or will not complete an activity, be honest about it, but also be prepared to suffer the consequences.
- Players who are unprepared due to missing practice or an inability or unwillingness to apply themselves at practice may see less or no playing time.
- A player may be suspended from practice for one or more days due to poor behavior or a poor work ethic. Reinstatement might be allowed after a parent-coaches meeting.
- A player may be suspended from a game or tournament for poor attendance, weak work ethic, or negative attitude.
- A player may be permanently dismissed if they do not align their behavior with the expectations of the team and the coaches. We will not allow the negative attitude of one player to undermine the spirit and work ethic of the entire group.

PARENT GUIDELINES

- Parents play a crucial role in developing a successful student-athlete and team. Your role is just as important as the coaches' and just as challenging. That's why we encourage your attendance at every practice, team event, and competition. Our aim is to create a family-friendly environment. We value your input and support because we want to see your child succeed.
- The players will train in a safe, well-equipped, organized environment under the guidance of experienced, licensed coaches.
- Participating in soccer requires a significant investment of time, money, and effort for your child.
- The coaches all believe that the training, educational opportunities, and emotional support we offer are valuable and important. The coaches' responsibilities are enormous. In addition to the time they spend planning, training, and traveling, the coaches are also meeting with parents and players, writing letters, arranging practices and fields, returning phone calls, taking care of and ordering equipment, organizing and administering all fundraising, games, and tournaments, and managing travel and sleeping arrangements, as well as maintaining and improving the program. All this is in addition to the actual time they spend coaching. This may be a labor of love, but it is still labor.
- Since some of our young athletes are still unable to drive, it is your responsibility as parents to ensure your child arrives at all practices on time, dressed and ready, and stays until practice ends.
- When practice is over and all equipment has been collected, your child must leave.
- Please be courteous and pick up your child on time. Coaches are required to stay until all participants have left the facility. Please be mindful of staff's time, as they also have families and other commitments.
- Please inform a coach before practice if you think your child might have a problem due to illness, medication, or injury.
- We **will** practice in most conditions, including light rain or when rainy weather seems like it might clear up (so dress appropriately).
- We **will not** practice in the following conditions: heavy snow, bitter cold, heavy rain, or when lightning is nearby.
- If you're unsure whether there's practice and you don't see the coach at the field during bad weather, do not leave your child there.
- If you are unable to attend an event at any point, please ensure that you cover the following details.
- Communicate clearly with your child who will be picking them up when they return.
- Please ensure that you send your child with everything they will need, all team equipment, personal items, etc.
- Provide your child with a primary contact number and an alternate number for emergencies in case you're unavailable.
- Send enough money to cover meals, snacks, and drinks.
- Send them with drinks: (water and/or sports drinks).
- Parents fulfill their roles at home and outside the practice area. During our team sessions, the coaches carry out their responsibilities. Please do not coach your child. When a parent starts coaching their child,

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they interfere with the very performance we are trying to improve.

- We develop particular skills at specific times, and each stage must build upon the one before it. We like to view it as a pyramid, with ball mastery and individual skill development forming the foundation. Without that, nothing else can be built on top.
- Telling your child to do something different from what we are instructing only confuses them and makes them upset. No matter which choice they make, someone will be unhappy with them, and they won't be able to progress as they should. Coaching your child puts them in a no-win situation. This is unfair to both them and the coaches.
- Encouragement and support are the most effective ways to enhance your child's play.
- We encourage all our parents to attend every game or event. Having a strong cheering section does wonders for team motivation. As parents, you should remember that you also represent our team and our team philosophy.
- Cheer loudly and frequently, but be courteous.
- Cheer for all team members, and feel free to cheer for a great play by the other team.
- The only reason a parent should approach an event official, a referee, or another coach is to express gratitude for their excellent work. If you have a complaint, bring it to the coach's attention and put it in writing to prevent any confusion.
- Please refrain from talking to your child once they are on the playing field. We ask them to focus all their energy on their roles and the competition, and we want as few distractions as possible.
- Although most players are excellent students, there may be times when a pressing assignment or test requires missing or shortening practice. We have no problem with this; just let us know.
- Please attend all team parent meetings. They provide coaches with an opportunity to share detailed information and allow ample time for questions and answers.
- If you need to discuss something privately, please don't hesitate to arrange a meeting at your convenience.
- Before practice, we are usually unavailable to visit because we have a lot of work to prepare. So please don't think we're being rude or ignoring you.
- Please refrain from disciplining your child by limiting their participation with our team. Doing so not only undermines the coach's preparation but also impacts all other team members. Like school, your child has responsibilities and obligations to the team. If, at the end of the season, you decide to remove your child for disciplinary reasons, that is your choice. However, during the season, your child holds one of a limited number of positions and must fulfill their team obligations.
- Please refrain from complaining to other parents, as it cannot resolve your issue and is very disrespectful to the coaches and the team. If you have a problem or concern, come directly to us, the coaches. We cannot help addressing your concerns if we are unaware of them. Your thoughts are important to us.
- This does not necessarily mean that any changes will be made, and we ask that you respect our decisions. If you trust us enough to allow us a significant role in your child's life, please also respect us enough to know that we have your child's best interests at heart.
- We want to prevent dissension among team members caused by overhearing parents' ignorant or malicious comments. This can be very harmful to the children and is disrespectful to the coaches. There will be no tolerance for this in our program.
- A player might have to leave the team because of their parents' actions or inaction.
- While we never want to punish a child for the actions of their parents, we will not tolerate parents who, by their words and actions, do not support the policies and values of our team program.

Lastly, it is essential to remember that coaches also work and have families and obligations of their own. They dedicate a lot of time and energy to the benefit of your children and your families. Please respect and appreciate all that they do for your children.

High School Soccer Program

Student-Athlete Behavior Policy

Purpose:

The Taos High School Soccer Program upholds the highest standards of conduct for all student-athletes. As representatives of our school and community, soccer players are expected to demonstrate integrity, discipline, and leadership on and off the field. This policy outlines behavioral expectations and consequences for infractions, with a zero-tolerance stance on drugs, alcohol, vaping, and any association with such substances.

Section 1: Expectations for Student-Athletes

All players are expected to:

- Maintain your academic eligibility and prioritize your school responsibilities.
- Show respect to teammates, coaches, opponents, referees, and spectators at all times.
- Always uphold honesty, sportsmanship, and responsibility.
- Avoid using, possessing, or distributing drugs, alcohol, tobacco, or vaping products.
- Avoid attending parties, gatherings, or events where illegal substances such as drugs, alcohol, or vaping are present.
- Use social media responsibly and avoid content that could harm your reputation or the program.
- Report any behavior that violates this policy to a coach or school official.

Section 2: Prohibited Conduct

The following behaviors are strictly prohibited:

- The use of alcohol, drugs, vaping, and any other illegal substances is strictly prohibited.
- Attending events or gatherings where alcohol, drugs, vaping, and any other illegal substances are available.
- The school, district, and athletic department prohibit the use of performance-enhancing drugs and or substances.
- Participating in criminal activity or conduct that damages the program's reputation.
- Any behavior considered by the coaching staff or school administration to be harmful to the safety and integrity of the team.

Section 3: Consequences for Violations

Infraction

Consequence

First Offense

Suspension from 1-3 weeks of practices and games, mandatory meeting with coach, parent, and athletic director. May include community service and or counseling.

Second Offense

Suspension from team for the remainder of the season. Required behavioral contract for future eligibility.

Severe or Criminal Offense

Immediate removal from the team. School administration and law enforcement may be involved. Loss of athletic eligibility may occur.

Section 4: Acknowledgment

All student-athletes and their parent(s)/guardian(s) must review and sign this policy at the beginning of each season. By signing, they agree to follow all the terms listed above and understand the consequences of non-compliance.

The Taos High School Soccer Program believes that true excellence in sports starts with strong character.

Taos High School Soccer Program Anti-Bullying and Conduct Policy

Purpose:

The Taos High School Soccer Program is dedicated to fostering a positive, respectful, and inclusive environment for all student-athletes, coaches, and their families. Bullying, harassment, and other forms of misconduct have no place in our program, whether on the field, in the locker room, on social media, or in the stands. This policy outlines expected behaviors and consequences for infractions committed by players or parents/guardians.

Section 1: Definition of Bullying and Misconduct

Bullying is defined as repeated, deliberate behavior that causes physical or emotional harm, fosters fear, or isolates another person. This includes but is not limited to:

- Verbal abuse or insults
- Teasing, mocking, or name-calling
- Exclusion from team activities
- Cyberbullying or inappropriate social media behavior
- Physical intimidation or aggression
- Sexual harassment or inappropriate comments

Inappropriate parental behavior includes, but is not limited to:

- Yelling at referees, players, or coaches
- Undermining coaching staff decisions
- Spreading rumors or creating division among team families
- Engaging in hostile behavior during games or practices
- Pressuring players or coaches in a way that creates stress or conflict

Section 2: Expectations for Players

- All players are expected to:
- Treat teammates, opponents, coaches, and referees with respect.
- Speak up against bullying or harassment.
- Avoid gossip, exclusion, or retaliatory actions.
- Use social media responsibly and respectfully.
- Bring concerns to the coaching staff or team captains in a constructive manner.

Section 3: Expectations for Parents and Guardians

- All parents/guardians are expected to:
- Support all players and the coaching staff in a positive manner.
- Address concerns privately and respectfully with coaches, not during or immediately after games.
- Refrain from publicly criticizing coaches, players, or other families.
- Encourage good sportsmanship from the sidelines.
- Avoid using social media to spread negativity or conflict.

Section 4: Reporting and Investigation

- Any player, coach, or parent can report an incident to the Head Coach or Athletic Director.
- All reports will be managed confidentially, respectfully, and quickly.
- Depending on the nature of the allegation, school administration may become involved.
- Retaliation against anyone who reports misconduct will result in disciplinary action.

Section 5: Consequences for Players

Infraction	Consequence
First Offense	Verbal warning, parent notification, and restorative discussion with coach.
Second Offense	One-week suspension from practice and games, behavior contract, and meeting with parent(s) or guardians.
Third Offense	Removal from the team for the remainder of the season.
Severe Offense	Immediate removal from team pending administrative investigation. Possible permanent dismissal.

Section 6: Consequences for Parents/Guardians

Infraction	Consequence
First Offense	Verbal or written warning from coach or Athletic Director.
Second Offense	Required meeting with coach and/or administration; restricted access to games/practices.
Third Offense	Banned from attending games/practices for remainder of season.
Severe Offense	Immediate ban from all team activities. Potential school district involvement.

Section 7: Acknowledgment and Agreement

All players and parents must sign an acknowledgement form at the start of the season, stating that they have read, understood, and agreed to this policy.

Together, we strive to create a culture of mutual respect, accountability, and teamwork, both on and off the field.

Taos High School Soccer Program

Playing Time

Mission Statement

The Taos High soccer program aims to be as inclusive and enjoyable as possible. We strive to inspire a genuine love for soccer in our players while helping them develop their soccer skills, life skills, and good sportsmanship. Additionally, we aim to foster the camaraderie that develops from competing as a team. Our program's goal is to utilize soccer as a means to bring about positive change in the lives of our local youth.

Our program aims to combine soccer instruction with life skills education. Activities are designed to help the youth in our program become more aware of their physical selves while fostering self-expression, creative thinking, and confidence. Youth are also encouraged to make healthy life choices for their futures while feeling a sense of community.

Many local youth face challenging circumstances due to various social and economic issues. The Taos High School soccer program strives to make a positive impact by offering a high-quality sports program that provides social and educational benefits.

It is our position that we will not have tryouts to cut or eliminate players. All players who meet the NMAA and TMS requirements are welcome to participate. Cutting players implies they are not worthy of the chance to play or engage with peers in this environment. We see this as unhelpful and unnecessary, as it may cause feelings of rejection and doubt about self-worth. We choose not to exclude deserving players from valuable life experiences. Furthermore, we will not discriminate based on race, religion, national origin, color, sexual preference, age, or disability.

As a high school soccer program, we aim to create a positive and supportive environment for as many youth soccer players in grades 8-12 as possible.

Overview of High School Playing Time

If we agree to allow everyone to participate, then we must establish some expectations for those who play. Often, we face difficult decisions that involve the interests of both novice and experienced players.

Unlike most sports programs that separate the “Varsity,” “JV,” and “C” teams, we have chosen to train and practice all players together under the concept of “One Team, One Family.” Keep in mind, this can be a challenging situation for the coaches, as less skilled and experienced players will compete for playing time alongside more qualified and experienced players. The gap in ability and development—both social and technical—can be significant and requires careful player management. However, our experience has shown that this approach fosters a very positive and inspiring environment, creating a true sense of community that the players wholeheartedly embrace.

Varsity Playing Time

High school varsity teams are highly competitive. Most varsity teams, including the players, coaches, parents, the school, and fans, take the games very seriously. Many players have years of experience, and some aspire to play in college. Keep in mind that not everyone will receive equal playing time, and there may be times when a player doesn't participate in a varsity game due to various reasons. Many factors influence playing time decisions, and not everyone will get to play the position they desire. Players are expected to play their roles and accept what is best for the team. At the varsity level, “PLAYING TIME IS EARNED”; it's not guaranteed! However, it's important to remember that all players have the opportunity to earn playing time through practice.

Playing time for Varsity players is a coaching decision that will be based on, but not limited to, the following:

- ✓ Experience
- ✓ Skill level
- ✓ Physical condition that allows for speed and stamina on the field
- ✓ The ability and willingness to follow coaching instructions
- ✓ Attendance and/or punctuality at practices and games

- ✓ Effort in practice and games
- ✓ Attitude toward teammates, coaches, officials, and opponents
- ✓ Continuing progress in learning pattern play and technical skills
- ✓ Commitment to attend (and arrive on time for) practices and games
- ✓ Injuries, illness

Outside of the playing considerations listed above, other reasons why a player may receive less playing time are:

- ✓ Players will not be permitted to play while injured. If a player sustains a serious injury, they cannot return to play without a written medical clearance.
- ✓ The player's reluctance to participate when asked
- ✓ The player's reluctance to accept the assigned position

What does this mean for a player on the Varsity team? Every minute of playing time must be earned. Some more experienced players will play much more than others. Some less experienced players may play only a few minutes or not at all, but all have the opportunity to build their skills throughout the season to earn more playing time. Successful varsity teams are ones where everyone plays their part when called upon. Every player has a role and must be prepared to perform it to the best of their ability at any given time, for the benefit of the team. If they are pouting on the sidelines because they did not start or are not playing in their desired position, then they won't be mentally ready when they are called upon.

Players with questions or concerns about playing time may approach their coach directly in a manner prescribed by the coaching staff in the THS Soccer Program (Codes of Conduct).

How To Increase Your Playing Time: (Varsity)

Remember that if you practice more than someone else, you're likely to improve faster than them. But if they practice more than you, they will probably be better than you.

- ✓ Devote the necessary time to enhance your technical skills, fitness, strength, coordination, and agility.
- ✓ Accept that this is a challenge for you. What do you intend to do about it?
- ✓ Players, ask your coach what you can work on to improve.
- ✓ Be honest about your abilities and performance. Not everyone will be at the same level at the same time.
- ✓ Ask yourself each game why you deserve more playing time.
 - How is your speed, fitness, technical skill, and tactical understanding?
 - Did you score, pass well, defend strongly, control the ball, communicate effectively during the game, show leadership, deliver accurate crosses, win 50/50 balls, win tackles, and give 100% effort so you were physically and mentally exhausted at the end of the game?
 - Honestly assess your performance using the pointers above, and you'll know when it's time to talk to your coach about your playing time. If you're not hitting the pointers, that's your first clue!
- ✓ Parents, we know you want your kids to play, and as coaches, we want to see them play too. Remind them that it doesn't come easily. If they're going to compete, they need to prepare both physically and mentally for the game's ups and downs. Please encourage them to enjoy the game through both the good and challenging times.

What other factors can determine playing time? (Varsity)

- ✓ How hard are you working on improving as a player, in practice, in the off-season, and in your spare time?
- ✓ Are you giving 100% at practice, or are you being distracted by teammates?
- ✓ Do you take the time to study the game?
- ✓ Do you study players who play the same position as you?
- ✓ Are you doing the things your coach asks you to do, or are you playing your own game?

Sometimes, a game is so close that it becomes difficult for coaches to make changes, as the rhythm of the game could be negatively affected. The truth is that at the varsity level, the team is expected to win games. The goal is to win out-of-conference games, District Play, and the State Tournament. Sure, everyone would like to play time, coaches and players alike, but the sad truth is that in a varsity program, RESULTS MATTER! This is a very complex dilemma that coaches face after every game.

Successful teams are comprised of members who contribute whenever they are called upon. Each player has a specific role and must be ready to perform it to the best of their ability at any moment, for the good of the team. If they are pouting on the sideline because they did not start or have been subbed off, they won't be mentally prepared when needed.

“Junior Varsity” & “C” Team Playing Time:

The purpose of the “Junior Varsity” and “C” team soccer program is to nurture a genuine love for the game, develop soccer skills, promote good sportsmanship, and foster camaraderie through team competition. We believe that players at this early developmental stage learn these aspects best through repetition and experience. Therefore, our philosophy is that all players, regardless of ability, should receive roughly equal playing time relative to their peers at their position throughout the season, based on the following conditions, but not solely on these conditions.

- ✓ Attendance and/or punctuality at practices and games
- ✓ Effort in practice and games
- ✓ The ability and willingness to follow coaching instructions
- ✓ The willingness of the player to participate when asked
- ✓ The willingness of the player to participate in the position requested

It is important to note that substitutions in a soccer game can also be unpredictable. There are only a few permitted times during a match when coaches are allowed to make substitutions (for example, after a goal, during goal kicks, when the ball goes out of bounds, or when it will be our possession). Those situations are hard to predict, and therefore, some “substitution changes” may take longer than others.

Personal behavior factors also influence playing time. Missing practices or arriving late can result in reduced playing time. If a coach observes that a player is not willing or able to give their full effort during games or practices, that player may receive less playing time on the field. Furthermore, disciplinary issues, such as failing to follow team rules or showing disrespect to coaches, teammates, opponents, or officials, will impact playing time. All these situations will be discussed between the player and the coach. Most importantly, players are not allowed to play while injured. If a player suffers a serious injury, they must have written medical clearance before returning to play.

Players with questions or concerns about playing time should approach their coach directly, following the method outlined by the coaching staff in the THS Soccer Program (Codes of Conduct).

Taos High School Soccer Program Codes of Conduct

PLAYERS' CONDUCT

Every player involved with the THS Soccer Program is expected to conduct themselves appropriately on and off the field. We want other organizations/schools to be able to identify our program through the exemplary conduct of our players. Nothing less will be accepted!

CONDUCT OF PLAYERS AT TRAINING SESSIONS & GAMES

Below are the standards set by the THS Soccer Program coaching staff to govern the behavior of players before, during, and after soccer matches and during training sessions:

- Do not address remarks to opposing players, coaches, spectators, or referees except when remarks convey genuine friendship and respect or are in response to questions by the referee.
- Do not retaliate when fouled.
- Avoid comments or gestures that express disgust or disagreement with referee calls. These are cardable offenses.
- Control your temper. Display of temper will not be tolerated on the field or in the playing area.
- Convey a consistently positive attitude toward your teammates and coaches. Your true strength of character will be displayed on the field when you are under pressure and your team is losing. What kind of person are you?
- Play against your opponents, not the referee. Worrying over referee calls with which you disagree can prevent you from playing your best. Fewer than one in one hundred referee calls have any influence on the outcome of a game.
- Consistently demonstrate good sportsmanship.
- Treat your teammates with respect. This helps build team chemistry and camaraderie.
- The entire team will shake hands with the opposing team and the referee at the end of the match.

Players who violate these standards of conduct will jeopardize their standing as players within the THS Soccer program. Flagrant disregard for rules of play and standards of conduct will result in stringent disciplinary action, including the possible loss of standing and/or complete removal from the team.

PARENT PARTICIPATION & CONDUCT

We encourage parents to participate in our team's activities. If you're interested in helping, please feel free to contact your coaching staff. Please understand that volunteering will not influence your child's playing time or standing; however, it will be greatly appreciated by the staff.

To have a successful program, there must be understanding and cooperation among parents, players, coaches, and trainers. Your child's progress and success depend on this relationship. With that in mind, we ask you to seriously consider this section as your family joins the THS Soccer Program.

SUPPORT YOUR CHILD AND THE TEAM STAFF

Your child needs your positive support at home, on the practice field, and on the competition field. This will help your child become more confident, enjoy soccer more, and perform better in training and competition.

A player thrives when they trust and respect their coach. The coach's role is to motivate, teach, and provide constructive feedback on each player's performance. We want players to feel comfortable discussing soccer issues with their coach as soon as possible. This coach-player relationship leads to the best results. When

parents voice opinions on how a player should play, what position they should play, how much playing time they should get, etc., it can create confusion. If you have specific concerns, suggestions, or questions, please talk to your team coach or manager. **Most importantly, avoid coaching your child during a game.**

COMMUNICATE THROUGH YOUR TEAM STAFF

Remember, there's a right time and place for everything. If you need information or have questions about team management or coaching decisions, contact the head coach or an assistant coach to get details or schedule a meeting. Concerns or constructive feedback are welcome, but should be shared away from training sessions and games.

TRAINING SESSIONS

You are encouraged to observe your child and learn more about the game of soccer. However, when the team is training, preparing for a game, or working in another related capacity, please avoid disturbing or interrupting the coaches, trainers, or players. Remember that training sessions are learning opportunities, and players need to focus to improve their skills.

BEHAVIOR AND CONDUCT

The THS Soccer Program upholds high standards for its players, coaches, and trainers regarding behavior and conduct. These same standards also apply to parents and spectators.

The THS Soccer Program and its team are affected by poor behavior and conduct from parents and players. A team can receive a yellow or red card due to the actions of parents or spectators and may incur discipline points. All of us, including coaches, trainers, and parents, have a responsibility to demonstrate appropriate behavior and sportsmanship, as our actions serve as a role model for our children.

CONDUCT OF SPECTATORS

The explosive growth in soccer's popularity in the United States is partly due to spectators enjoying the game's free-flowing, continuous style. This heightened intensity sometimes leads to abusive and destructive comments from fans. We cannot accept this behavior in soccer.

The following standards are set forth to govern spectator conduct before, during, and after soccer matches:

- Do not address remarks to referees, opposing players, or opposing fans. This does not apply where remarks convey genuine friendship and encouragement.
- Never use foul language or obscene gestures.
- Avoid remarks toward your team's players who have made mistakes. If you are aware of the error, you may rest assured that the player is even more aware.
- Applaud superior play by both teams.
- Provide consistent support to coaches and managers, regardless of the outcome. Coaches dedicate hundreds of hours to their players and are committed to their ongoing growth. In victory, they deserve your congratulations, and in defeat, your encouragement.
- Only players and staff are allowed on the playing field.
- Cooperate immediately with any referee request.
- Avoid comments and gestures that express disagreement with referees' calls. Continued remarks or abusive disagreement with referees' decisions may result in a card or other penalty charged to your team's coach or manager.
- Do not confront a coach during or immediately after a game. If there are any aspects of a game that you would like to discuss with the team's coach, arrange for a meeting at a later time.

Each coach, manager, player, parent, and spectator is responsible for controlling their sideline behavior. To protect the image of THS Soccer and your reputation, the THS Soccer staff will review and address specific instances of problematic sideline behavior.

Individuals who cannot conduct themselves in accordance with the guidelines outlined here are not welcome at THS soccer matches. Individuals who persist in violating these standards will be asked to leave the facility. Play will be suspended until they do so.

COMMITMENTS

- Support and maintain THS Soccer standards.
- Fulfill your parental, financial, and volunteer obligations.
- Allow coaches to perform their commitments on a non-interference basis during practices and games.
- Foster an environment of academic excellence and good sportsmanship.

PRINCIPLES OF CONDUCT FOR COACHES

SAFETY – COACHES WILL

- A team coach's first responsibility is the health, safety, and well-being of all participants.
- As a recommendation, become certified in basic First Aid
- Be aware of NMAA, club, league, and /or state requirements
- Be prepared to handle First Aid situations as well as medical emergencies at all practices and games, both home and away.
 - Have and know how to use a properly supplied First Aid kit.
 - Know the 911 Emergency procedures/telephone locations.
 - Be aware of the location of the nearest emergency medical facilities.
 - Always carry the players' emergency medical release forms as well as team safety and information cards.
 - Follow up with parents or guardians on all injuries.
- Know and understand the Laws of the Game.
- Inspect players' equipment and field conditions for safety reasons.
- Utilize proper teaching and instructing of players regarding safe techniques and methods of play.
- Implement an effective training program to ensure players are physically fit for practice and competition.
- Supervise and control players to prevent injuries.
- Continue their education in the sport.

PLAYER DEVELOPMENT – COACHES WILL

- Develop the child's appreciation of the game.
- Keep winning and losing in proper perspective.
- Be sensitive to each child's developmental needs.
- Educate the players on the technical, tactical, physical, and psychological demands of the game for their age-appropriate level.
- Ensure players have fun and receive positive feedback.
- Conduct practices in the spirit of enjoyment and learning.
- Provide the appropriate number of training sessions and games according to the players' stage of development. Recovery is just as important as play.
- Strive to help players reach their full potential, prepared to move on to the next stage of development.

ETHICS & PROFESSIONALISM – COACHES WILL

- Strive to maintain integrity within our sport.
- Know and follow all the rules and policies set forth by clubs, leagues, state, and national associations.
- Work in a spirit of cooperation with officials, administrators, coaches, and spectators to provide participants with the maximum opportunity to develop.
- Be a positive role model.
- Set the standard for sportsmanship with opponents, referees, administrators, and spectators.
- Keep sports in proper perspective with education.
- Encourage moral and social responsibility.
- Just say no to drugs, alcohol, and any illegal or harmful behavior.

This must be submitted in person to the coaching staff before participation. I have read and agree to abide by the following: Codes of Conduct, Team Philosophy & Guidelines, Anti-Bullying and Conduct, Student-Athlete Behavior, and Playing Time.

	First Name	Last Name
Player's Name		

Cell Phone	
Home Phone	
Email Address	

Signature:	
Date:	

	First Name	Last Name
Parent/Guardian		

Cell Phone	
Work Phone	
Home Phone	
Email Address	

Signature:	
Date:	

	First Name	Last Name
Parent/Guardian		

Cell Phone	
Work Phone	
Home Phone	
Email Address	

Signature:	
Date:	