



**KENNETT HIGH SCHOOL
BOYS SOCCER**



2017 PLAYERS MANUAL

From Coach David Hart, Boys First Team Soccer Head Coach

On behalf of the coaches, athletic director and support staff, I welcome you to the 2017 season!

Your season starts now.

Your KHS Soccer Program continues to achieve great results. Our goal each season is to develop you as an individual player and work each day to pursue a high level of play with your teammates. You, the student-athlete are vital to reaching our goals this season. It is your personal responsibility and commitment to this *Standard* which will bring great results and a meaningful and rewarding experience. We have created a competitive identity for the Eagles here in the valley and among our opponents.

We must be able to compete at the highest level possible in our division. This year is a year we prove that we can achieve a .500 record and make a deep run in the playoffs. It will require hard work, enthusiasm, a focused and growth mindset, commitment, and an attitude that we are playing for something bigger than ourselves. All aspects of the game from the technical, tactical, fitness and mental side will be trained and improved upon. Our goal is to create an exciting and challenging environment where each player can develop individually, our team can develop, and the quality of the program advances.

Join me in continuing this quest toward a vision of a respectable, fun, highly competitive, and challenging Kennett High School boy's soccer program.

Kennett High School boys soccer takes great pride in not only executing the tactics and strategy necessary to be successful on the playing field, but the will to compete to the very end. Great players and teams know that many times all it takes is the courage to compete, and to have the right mindset from the first whistle to the last. Success is about learning. Derive happiness from the Process of learning...Love the challenges.

"When you are through learning, then you are through"

~Coach John Wooden, UCLA

"The pauses between the notes - ahh, that is where the art resides"

~Arthur Schnabel

"One important key to success is self confidence.
An important key to self confidence is preparation."

~Arthur Ashe

"Enjoy the little things, for one day you may look back and realize they were big things."

~ Robert Brault

"The vision of a champion is someone who is bent over, drenched in sweat, at the point of exhaustion when no one else is watching."

~ Coach Anson Dorrance, UNC

"The will to win is overrated. It's the will to prepare to win that makes the difference"

~ Coach Bobby Knight, Indiana

If you don't give anything, don't expect anything. Success is not coming to you...you must come to it.

2017 Kennett High School Boys soccer Pre-Season Schedule
(Always subject to change)

PRE-SEASON NOTES

* Training dress code is as follows- soccer sox, shorts, shin guards, clean T-Shirt or the official practice gear handed out. Keep your gear clean. If you are not properly equipped, you will be asked to observe from the sidelines. Please always bring running sneakers and cleats to each training session.

NEW for 2017: All boys soccer players will be issued two **KHS training jerseys** to use for the season. Total cost will be \$10 due at the first day of Pre-season training. Cash is preferred. Financial assistance is available and players should confidentially communicate with the coaches as needed. Players are allowed to keep their training shirts.

NEW for 2017: All boys soccer players will participate in a day team building experience, which will be a **canoe trip down the Saco River**, sponsored by the Saco River Canoe & Kayak, in **Fryeburg, Maine**. Day trip will take place **Friday August 18, 2017 from 8am-3pm**. Cost of the trip is \$10 per person. Financial assistance is available and players should confidentially communicate with the coaches as needed. Separate forms and information will be distributed and must be signed in order for your student/athlete to participate.

Away game meals: Player meals are available for our 8 away games and are prepared by Big Dave's Bagels. Meals include water, chips, cookie, and a sandwich. Players will choose their sandwich type during the first week of pre-season. Payment for the season is required during pre-season. Cost is \$56 for 8 meals. Checks should be made out to Big Dave's Bagels. Cash is excepted. Meals are optional. Players can bring their own food as well for away games. The bus does not stop for meals. Financial assistance is available and players should confidentially communicate with the coaches as needed.

Cost summary for players (minimum):	\$10	2 training jerseys
	<u>\$10</u>	Canoe Trip
	\$20	Minimum

If player participates in away game meals:	\$56	8 meals (\$7/meal)
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Game socks:	(1) black & (1) white pair minimum:	\$ 4.99 plus shipping/pair
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* As pre-season is an important time for the team to bond, we fully expect our upperclassmen to be good role models for our new players and become positive mentors to them as well. All players are expected to act in a professional manner throughout the entire season. This is a crucial time in preparing our team for the season. **Absolutely no types of hazing or indoctrination will be tolerated. Understand that this is illegal and that criminal charges can be brought against those who defy this rule / law.**

* It is crucial that during pre-season you do the following- 1.) Drink plenty of fluids throughout the day and evening. 2.) Get plenty of sleep! Go to bed early! 3.) Eat correctly! As you will be expending a lot of calories, a solid regimen of three good meals a day is important with a strong dose of carbohydrates. Healthy snacks are great too! 4.) No matter what the injury, large or small, see the trainer!! There may be some conflicts with meal times, so it is strongly suggested that you always have food and beverages available in your soccer bag.

Impact Testing:

Fall sport impact testing for all 9th and 11th graders and those that have not been tested will occur during preseason.

Students will sign up for a time slot during a fall sport preseason meeting in early August (TBD) or at the start of preseason August 14th.

Physical exams: Please be sure your student/athlete has a current physical. Typically they are renewed every two years. Athletes will not be allowed to participate in training or games until physical forms are received from your doctor. **DO NOT** wait until August to schedule an exam as it tends to be difficult to get a time slot given all the fall sports taking place at the same time.

Schedule Information:

The Kennett athletic department is pleased to announce that we have an easy and convenient way to keep anyone who is interested-parents, students, coaches, friends, etc. up to date on any athletic schedule changes. Just go to the Kennett Athletics webpage to view the information.

Pre-season starts Monday August 14, 2017

The following is the pre-season schedule. As always, this is subject to change by the league, weather, school, and coaches:

Monday	August 14	7:00am – 8:30am	6:00pm – 7:30pm
Tuesday	August 15	7:00am – 8:30am	6:00pm – 7:30pm Classroom session
Wednesday	August 16	7:00am – 8:30am	4:00pm Derryfield Home Scrimmage
Thursday	August 17	7:00am – 8:30am	6:00pm – 7:30pm
Friday	August 18	8:00am – 3:00pm +/-	Saco River Canoe Trip
<u>Saturday</u>	August 19	7:00am- 9:00am 9:45am-11:30am	Session Part 1, 30 minute break +/- Session Part 2, Guest coach
Monday	August 21	7:00am – 8:30am	6:00pm – 7:30pm
Tuesday	August 22	7:00am – 8:30am	6:00pm- 7:30pm
Wednesday	August 23	7:00am – 8:30am	3pm Fryeburg Academy Home Scrimmage
Thursday	August 24	Training time to be determined	

- Scrimmages will be followed by shared pizza for both teams. Players are expected to participate.

Regular Season Game and Training Schedule

Games in Bold.

Friday	August 25	Away	St. Thomas 4:00pm
Monday	August 28	Training	3:00pm-4:30pm
Tuesday	August 29	Home (First team)	Kingswood 4:00pm
Wednesday	August 30	Away (Reserve team)	Kingswood 4:00pm
Wednesday	August 30	Training (First team)	3:00-4:30pm
Thursday	August 31	Training	3:00-4:30pm
Friday	September 1	Away	Porstmouth 4:00pm
Monday	September 4	Training	TBD
Tuesday	September 5	Away	Coe Brown 4:00pm
Tuesday	September 5	First Day of School	
Wednesday	September 6	Training	3:00pm-4:30pm
Thursday	September 7	Training	3:00pm-4:30pm
Friday	September 8	Home	Portsmouth 4:00pm
Monday	September 11	Training	3:00pm-4:30pm
Tuesday	September 12	Training	3:00pm-4:30pm
Wednesday	September 13	Training	3:00pm-4:30pm
Thursday	September 14	Training	3:00pm-4:30pm
Friday	September 15	Training	3:00pm-4:30pm
		<ul style="list-style-type: none"> • Annual Miniature Golf Tournament one of the above days. \$5/ First team player. 	
Saturday	September 16	Away	John Stark 2:00pm
Monday	September 18	Training	3:00pm-4:30pm
Tuesday	September 19	Home	Lebanon 4:00pm
Wednesday	September 20	Training	3:00pm-4:30pm
Thursday	September 21	Training	3:00pm-4:30pm
Friday	September 22	Away	Plymouth 5:00pm
Monday	September 25	Training	3:00pm-4:30pm
Tuesday	September 26	Training	3:00pm-4:30pm
Wednesday	September 27	Away	Berlin 4:00pm

Thursday	September 28	Training	3:00pm-4:30pm
Friday	September 29	Training	3:00pm-4:30pm
Saturday	September 30	Home	Pembroke 12:30pm
	• Homecoming game		
Monday	October 2	Training	3:00pm-4:30pm
Tuesday	October 3	Training	3:00pm-4:30pm
Wednesday	October 4	Away	Kingswood 7:00pm
Thursday	October 5	Training	3:00pm-4:30pm
Friday	October 6	Home	Plymouth 4:30pm
Monday	October 9	Columbus Day	3:00pm-4:30pm
Tuesday	October 10	Training	3:00pm-4:30pm
Wednesday	October 11	Home	Oyster River 4:00pm
Thursday	October 12	Training	3:00pm-4:30pm
Friday	October 13	Home	Berlin 6:00pm
Saturday	October 14	Valley Cup Tournament Team Service Day	8:00am – 4:00pm
Monday	October 16	Away	Bow 4:00pm
Tuesday	October 17	Training	3:00pm-4:30pm
Wednesday	October 18	Training	3:00pm-4:30pm
Thursday	October 19	Home (First team)	Merrimack Valley 4:00pm
	• Senior Game		
Thursday	October 19	Away (Reserve team)	Merrimack Valley 4:00pm
Monday	October 23	Playoff training	3:00pm-4:30pm

- Bold dates indicate First Team games. Reserve Team will have a similar schedule, unless otherwise noted.

First Team Coach: David Hart
Reserve Team Coach: To be determined
Head Trainer: Teddy Nutting
Captains: To be determined

2017 Team Goals/Program Goals

Play for something greater than yourself
Train and play to “The Standard”
Practice your Training Script
Execute your Game Script
Control your Confidence bar
Control your Energy bar
Use your Body controller
Engage in positive Self-talk
Be the most - fit team on the field
Be intentional about everything
Train in a way that actually affects your game day performance
Win with the best version of yourself
Doing it when it doesn’t matter carries over to the time when it does matter
Practice and maintain a growth mindset in training and games
Own your physical preparation
Believe success is not random
Improve technically and tactically from the first day of training to the last day.

The KHS Boys Soccer Philosophy

The foundation of the Boy’s Soccer Program is defined in our core values. Each member of the team is expected to understand that no one player is bigger than the team. In the end, it is a spectacular game, which provides an environment for young men to compete, show commitment to a cause, challenge themselves, practice a growth mindset, engage in a team atmosphere, and provide life long memories. We are all students of the game, and this journey we take every season will be the greatest teacher.

The Standard:

The idea of “The Standard” was learned from Messiah College which is one of the most successful men’s soccer program in the country. “The Standard” is not a set of rules. It is a culture of relentless pursuit of excellence in the sport of soccer. For KHS, it is a team culture of playing for something greater than yourself. It is the desire of each player to want the responsibility to make “IT” happen. It is a mindfulness and mindset to make today your masterpiece (as the legendary UCLA basketball coach, John Wooden said). To be open to learning and not to be afraid of the challenges you face. Winning is not our calling or what defines us. That is too limiting. It is something bigger than winning. It is bigger than yourself, where loyalty, joy and a habit of continuous improvement and high exacting energy permeates our student athletes on and off the field.

Talent will not be enough for the Eagles. It will require an imagination and deep heart felt belief and trust in yourself, your fellow teammates and your coaches. It is a unity that is unbreakable, if practiced every day. It simply comes down to love of yourself, your teammates, competition, and a deep passion for the game.

The Kennett High School Boy's Soccer Program Core Values

- The Details matter. Everything is intentional
- We are playing to "The Standard"
- Time management is essential on the training grounds, during the game, in & out of class
- Success is not measured by wins, it is measured by striving to be the best version of yourself
- Play for something greater than yourself
- Always prepare to compete at the highest level
- Invest in powerful habits
- Practice and maintain a growth mindset
- Take responsibility for your training and development
- Respect teammates, the opponent, refs, fans, coaches, and The Game
- Coaches fully respect all players
- Strive to achieve the highest standards as a student-athlete in the classroom, on the field, and in your community
- Hard, focused, relentless work ethic is the norm
- Hard work always beats talent, when talent does not work hard
- Be creative, be enthusiastic, enjoy The Game

Prior Annual Soccer Award Recipients:

2012 Alex Fauver – Emerson College
2013 Luke Tinkham – Fairfield University
2014 Donovan Spaulding – St. Lawrence University
2015 Lee Dennis – Daniel Webster
2016 Will Synnott – Dartmouth University

Prior Team Captains:

2012	Nicky Sullivan Alex Fauver Austin Hale	2016	Mackenzie Murphy Marco Ross-Parent Will Synnott
2013	Dominic Lentini Luke Tinkham Ryan Vajentic		
2014	James Gaudreault Donovan Spaulding Cam Clark		
2015	James Gaudreault Bryce Harrison Lee Dennis		

Prior Annual Golf Tournament Champions

2012 Keiffer Bradley
2013 Ryan Vajentic
2014 Marco Ross-Parent

2015 Neil Harrison
2016 Lukas Narducci

Annual Top Cooper Run Results

2013	Mike Knorpp	8 laps
2014	Donovan Spaulding	8 laps
2015	Bryce Harrison	8 3/8 laps
2016	Marco Ross-Parent	7 5/8 laps

Rosters

The final rosters will be divided into two teams: **First Team and Reserve Team**. Traditionally, the teams were known as Varsity and Junior Varsity. They may be referred to in this manner, but within the Program, the new terms will be used. Each group of players is invaluable to the program and will train in the same manner. Rosters may be adjusted during the season depending on player performance. Line ups relative to game day will be announced either in the pre-game meeting or the day before. All player announcements will be made by the head coach. Starting players and how reserve players are used is completely dictated by the opponent and the situation. The head coach reserves the right to use players based upon their particular skill set in a system of play against an opponent. Players may be given the opportunity to play and/or train on either team during the season, based on the needs of the team.

Coach/ Player meetings:

First team players may briefly meet with the Head Coach periodically during the season. Intent of the meetings is to provide an open line of communication between player and coach. Player performance and overall scholastic experience will be discussed.

Strength and Conditioning

This is a commitment toward improving the overall athletic ability of every player and to create a healthy lifestyle. Modern soccer dictates that a player not only improves his playing ability, but *athletic skills* as well. During the “off season”, it is up to the individual player to maintain the proper fitness level in preparation for the fall season. Our goal is to be the very best conditioned team over our opponents.

Each player is expected to work out over the summer and come into training camp with a base fitness level. Players are encouraged to develop a healthy work out regimen that fits their abilities and schedule. Players should work at anaerobic and aerobic fitness. (Long distance endurance and short powerful sprinting). It is vital to the success of the program that each player work with a ball for at least 20 minutes a day. Informal, Pick up games usually are available at Kennett Middle school and Kennett High School. Check Kennett High school boys soccer Facebook page for information.

Athletes will be measured in several areas during the pre-season and throughout the regular season. This includes, but not limited to: a Cooper Test (7 ¼ laps or better in 12 minutes), 120's, sit-ups, push-ups, agility, speed.

Mountain Center Physical Therapy & Sport Rehab Inc is offering a sports conditioning during the summer. Program instructors are licensed and certified strength and conditioning specialist. Information by contacting Teddy Nutting, the KHS trainer.

Summer Soccer Camps

It is strongly encouraged, that each player as part of their off-season and pre-season commitment to the program participate in the Soccer Camps offered each year just prior to the beginning of the KHS formal pre-season. It is a great opportunity to get your mind right, learn a few things, and have fun in the process.

Informational flyers are always handed out well in advance to allow for adequate time to plan and register. See also MWVSC website or seek out camps that you might want to attend.

Team Rules

Athletes will be held accountable to all sanctions set forth from the school for inappropriate conduct relative to social behavior. If a member of the coaching staff questions an athlete on inappropriate conduct or poor academic performance and the athlete validates the inquiry, appropriate sanctions will be imposed with the knowledge of the AD.

Training

All soccer players are expected to attend all training sessions with correct footwear (cleats, running shoes), shin guards, mouth guard, shorts, soccer socks. Shirts are always worn. Pay attention to the weather forecast and bring additional gear as necessary. If you are not properly equipped, you will be asked to observe from the sidelines.

Eat a healthy snack and hydrate after school or throughout the day so your energy levels are appropriate for training.

If you are on time, you are late. So, don't be late for training. Be ready to play.

If you need to miss training or will be late, please speak to the coach directly.

Each training session requires the following minimum equipment: balls, goals, cones, pinnies, first aid kit, water, cups. It is the team's responsibility to be properly prepared.

There is usually some free moments between the end of school and the official start of training. Training is officially from 3:00-4:30 during school (*subject to change*). Players can choose from the following activities only to get in the correct mindset for training:

4 v 1 Rondo

5 v 2 Rondo

1 touch 5 yards apart with partner

2 touch 10 yards apart with partner

Legitimate Set plays with goal keeper involvement

Players are highly discouraged to play in informal "pick-up", outside tournaments or club soccer games during the season. This will eliminate the chance of injury, which could affect your KHS soccer experience and your team.

Criteria for earning a Letter and pins/stars

Exhibit a positive attitude, commitment, and effort toward team goals

Complete the season in "good standing"

Fulfill practice and game attendance requirements as established by team rules.

Stay involved with the team even if you suffer an injury or are unable to play for any other reason.

Remain academically eligible to play on the First Team throughout the season.

Good sportsmanship is expected at all times throughout the season.

Play in a significant amount of First Team game and/or must have made a “significant contribution” to the First Team. This will be determined by the coach.

Return all assigned equipment.

Work towards “The Standard” to the best of your ability

Seniors who have not met playing time requirements and who have participated on a First Team will be eligible to receive a varsity (First Team) letter if the coach so recommends.

Community Service

Participating in your local community is a noble duty, a way to learn and experience life lessons, and a good habit to get into at a young age. The Mount Washington Valley Soccer Club hosts a soccer tournament each fall for area recreation programs. All soccer players are expected to volunteer the day of the tournament.

Travel

All athletes are expected to dress appropriately the day of a game. Captains will determine and inform the team what team shirt to wear or type of attire for that day (tie, polo shirt, etc.) All athletes are expected to conduct themselves in a respectable and professional manner while on the bus and in public (ie. restaurant).

Captains will designate the responsibility of bringing the following items on the bus, and when appropriate returning items as well- balls, water, cups, cones, athletic training kit, and food.

Players are to be dressed (jersey and shorts) for the game prior to getting on the bus. No changing will be allowed on the bus. Players can leave cleats, socks, and shin guards off until we get closer to the field.

At approximately 10-15 minutes before arrival, all electronic devices will be turned off and stored away. Players are expected to be awake and use this time to mentally prepare for the match. Conversations will be limited to specifics about the match only.

The bus will be completely cleaned upon returning to Kennett High School. Captains will review the area and will then determine if players can be dismissed.

Players will have the opportunity to pre-purchase a brown bag lunch for away games. Dinner choices will be sandwiches, snack, and water. Coaches will hand out order forms at the beginning of the season. Players must pre-pay for the whole season. Players should discuss privately with the coaches if there is a financial hardship and arrangements will be made. Food will be distributed in an orderly fashion by the coaches or captains prior to boarding the bus for the ride home.

Players are strongly encouraged to travel with the team to and from the game. A written note from the Parent/Guardian must be handed to the Coach before departure if other travel arrangements are made. See also the Student Activities Code book.

Captain's Roles

The role of the Team Captains is extensive and includes all aspects of team management in addition to exemplifying a high-quality leadership role. The coaching staff will direct all information to the Captains in the area of game day and training preparation. The Captains will encourage and support

positive social and academic behavior of all soccer players, and will work with the coaching staff to maintain a committed approach to playing championship level soccer. Captains work together to foster the soccer culture which has been established at KHS, and should be role models during training, games, school, and their time about the community. Captains will be required to meet periodically with the Athletic Director and will represent the soccer program.

Captains will/may be selected by the Coach and all decisions are final. The structure of captainship will be directed by the coach. All players contribute to the success of the program and are highly appreciated, whether appointed as a captain or not and players should believe in their value as a player.

Laundry

All athletes are expected to have clean uniforms the day of the game. It will be the coach's decision regarding playing time, should a player's uniform be unwashed and dirty the day of the game.

Uniforms

Uniforms must be taken care of and washed within a day of playing. These uniforms must last a minimum of 3-5 years, so you are not the only one using them. Please respect those who have worn the jersey before you and those who will come after you. Please directly remove all grass and dirt stains. The longer the uniform remains unwashed, the harder it is to remove the stains. Jerseys and shorts are for the most part provided by the school.

Coaches have the right to not allow a player to play a game, if their uniform is not clean.

There is the occasion where a player must provide black/white shorts on their own due to shortage of equipment (former players not returning equipment). If this is a financial burden, please see the Coach directly and arrangements will be made to provide financial assistance.

Socks are the responsibility of the player. Socks must be purchased by the player and the player can keep them at the end of each season. Socks should be purchased thru Soccer.com. The brand to order is: Adidas, Metro III, soccer sock. Item # A50098. Cost is listed as \$4.99 per pair plus shipping. Player should order at least one black pair and one white pair. If you do not have these socks, please order them at least within the first week of preseason, it not before, to be assured you have them for games. If this is a financial burden, please see the Coach directly and arrangements will be made to provide financial assistance. League has restrictions on types of socks, so if you have black or white socks already, please be sure to check with the Coach to confirm they meet the rules of the game.

Uniforms must be returned at the end of the season on the designated day for returns (no exceptions), washed, no stains, folded, with the student athletes name affixed to the uniform.

Coaches will inspect uniforms and determine if condition of uniform is acceptable. If not acceptable, student athlete may be charged for the cost to replace uniform kit. Costs range between \$50- \$75 per uniform kit.

Senior athletes who do not return their uniforms, will not be allowed to graduate, until uniform is returned in an acceptable condition or a new uniform is purchased.

Locker room

The locker room is a shared space by other fall athletes. Each player is assigned a locker for the season. Players will respect school property and their neighbor's property. No cleats in the building. Clean cleats outside away from traffic areas and doorways. Keep the space clean. Captains are responsible for policing the space.

Ball boys

Reserve Team players are required to work both Reserve Team and First Team home games. Two players are required for each game. It is the responsibility of each player to sign up for at least one game. This is an unpaid activity. It is an opportunity to contribute to the overall soccer program. Your time is very much appreciated.

Communication

Players are strongly encouraged to maintain a line of communication with the coaching staff and captains at all times. The coaches have an “open door policy” and welcome appropriate discussions with players.

If parents have a desire to discuss their player, they are encouraged to reach out to set up a time to meet with the Coach. Should the topic be of a sensitive nature (and not an emergency), then there shall be a 24-hour waiting period before meeting with the coach. Coaches are open to discussing issues, but soccer related tactics, techniques, training and other program specific topics are ultimately the responsibility of the coaches and will not be discussed.

To help with this effort, note the following contact information-

Coach David Hart: **C: 207.462.0246: best to use during the day**
 O: 207.697.2277
 E: dbhart343@gmail.com

Players are reminded that the coaching staff will not engage in any conversation relative to a player's status via phone or e-mail or text. A face to face meeting must be scheduled.

Academic Recommendations

- Players are encouraged to sit in the front row of every class, unless assigned seating
- Players are encouraged to take notes in every class.
- Players are encouraged to ask questions while in class; stay engaged.
- Players are to check with teachers on a regular basis as to their academic standing.
- Note: 4th quarter grades of the previous year apply to the following fall. Players have to pass a minimum of 5 courses to be eligible to play.
- Players are to inform teachers of all games. Give the teacher a schedule!
- Players are expected to make up all work from classes missed because of away games.
- Players are to take full advantage of any and all tutoring programs if needed.
- Players are encouraged to schedule regular daily times for independent study.
- Players are to encourage each other to perform well academically.
- Players will respect the dismissal times for away games and will politely work with the teacher

Players are also to refer to the KHS Student Activity Code for additional information on policies not directly covered in this manual.

Please note there are forms in the Student Activity Code book to fill out on-line, and must be completed by the first day of pre-season. These include forms signed by your physician. Players must have a current physical. Physicals are good for two years. It is highly recommended you do not wait until pre-season to schedule a physical for your student as it is usually difficult to get an office visit. Please visit the KHS Athletics website to download/ fill out the Activity Code forms.

Substitution Theory

Players must understand the theory behind substitutions. The following are considerations when substituting a player:

- Injury
- Fatigue
- Tactical
- Give a player experience
- Not playing well
- Allow fans to acknowledge a player who has performed extraordinarily.
- Kill the clock

Players **are not allowed** to talk negatively about their role in the game or the role of others on the field while on the bench. Players **are not allowed** to shout any type of tactical instructions to those on the field. All communication with teammates should be of the supportive positive type.

Playing time policy:

Playing time is not equal or guaranteed. The game of soccer is very unique in its rhythm and flow and if played correctly, does not easily allow for equal time for players. Coaches make every reasonable effort to ensure that all players get some playing time. It is ultimately the final decision of the Coach with regards to playing time. Playing time can be affected by the following:

Attendance, punctuality at training and games
Effort, attitude, and behavior during games, training, travel, school
Poor fitness level, including injuries
Ability to work & play with teammates
Coachability
Game situation
Sportsmanship

Nutrition Tips:

- Eat a balanced diet of carbs and protein each day to ensure your pre-event nutrition is a top-off and not a desperate attempt to make up for poor nutrition.
- Refuel after every training session and game with 15-30g of protein and 30-60g of carbs.
- The night before a game, try to get 300g of carbs and plenty of water. Choose carbs that are low to moderate in the glycemic index, such as whole-wheat pasta, whole-grain breads, whole wheat tortillas, fruits, vegetables.
- Try to get your largest meal 3-4 hours before the game, with a focus on carbs and lean protein.
- An hour before the game, eat .5g of carb per pound of your body weight. Focus on foods that are easy to digest and easy on your stomach. Snack Bars and sports drinks are great for this time frame.
- These are general guidelines and by no means is a complete list. Consult your physician if you have particular dietary needs, are diabetic, or have other special circumstances. Consult a nutritionist for more detailed guidance.

End of the year Fall Sports Awards:

At the end of each Fall season, there is a sports award ceremony that all soccer players are expected to attend. The soccer program awards one senior athlete who has shown a wide range of characteristics aligned with our core values and has been an exemplary student athlete and fine representative of *The Standard* we work towards every day in the soccer community here at Kennett High School. It is a great occasion to come together as a group to celebrate the achievements of each team and honor your teammate that receives the award and acknowledge your remaining teammates that you have worked so hard alongside of for 3 months. We will have an end of the year soccer dinner prior to/ or immediate following the awards ceremony where certificates, letters, and stars are awarded. It is a time to enjoy each other's families and friends and celebrate a rewarding soccer season.

Athletes planning to play in college:

Coach Hart will review required application forms and NCAA requirements for those athletes who plan to play in Division I, II, or III. Parents and players are encouraged to visit the NCAA Eligibility Center on-line to begin the process. It is not too early to register. Players, in their Sophomore year, are encouraged to discuss their academic and athletic goals and create a plan with the Coaches. Coaches are here to help you.

Summary:

The Kennett High School soccer program's goal is to provide your student athlete with a fun, focused, challenging environment, in which they can grow as a player and young man. We pursue a *Standard* and expose them to this culture each day, that allows for the development of the player, the practice of a growth mindset, and hopefully lasting friendships and memories as a high school soccer player. It is our hope we can play a small part in the preparation of these young men as they complete their high school experience and step into their next phase of life experiences, whatever that may be.