



**MVRHS Men's Soccer
Player & Parent Handbook
Season: Fall 2018**

I. Introduction:

Welcome to the men's soccer program at Martha's Vineyard Regional High School. This handbook was written to supplement both the MIAA Rules & Regulations as well as the most current MVRHS Athletics Handbook. It is important that you and your student athlete are familiar with all three (3) of these documents during the Fall 2018 season.

* *The MVRHS Athletics Handbook can be found online at: http://www.mvrhs.org/wp-content/uploads/2018/08/MVRHS_Athletic_Handbook.pdf*

* *The MIAA Rules & Regulations can be found online at: http://www.miaa.net/content/easy_pages/view.php?page_id=88&sid=38&menu_id=136*

By signing the contract at the conclusion of this handbook, you are acknowledging that **BOTH** you and your student athlete have read, understood, and accept the policies and procedures associated with this program and its governing organizations. This signed contract will serve as a binding agreement between the parent, student athlete, coaching staff, and MVRHS administration. These policies and procedures are in place to help shape our student athletes into high achieving, productive members of their school and island community. We expect all parties to uphold our standard of excellence.

II. Key Contact Information:

R. Esteban Aranzabe - Head Coach, Men's Varsity (Head of Men's Soccer Program)
Phone: 774-521-9445 / Email: ladoc1956@hotmail.com

Ryan J. White - Goalkeeper Coach (Men's & Women's Varsity)
Phone: 919-961-3456 / Email: ryan.jeffrey.white@gmail.com

Ricardo Andrade - Head Coach, Men's Junior Varsity
Phone: 774-563-9639 / Email: ricardo_andrade_94@hotmail.com

Tania Laslovich - MVRHS Athletic Trainer
Phone: 508-627-2839 / Fax: 508-696-6042 / Email: tlaslovich@mvyyps.org

Mark McCarthy - MVRHS Athletic Director
Phone: 508-693-1033 ext.123 / Email: markmccarthy@mvyyps.org

III. Mission & Core Values

Our Mission:

The mission of The MVRHS Men's Soccer Program is to provide a both a supportive and competitive soccer culture with an emphasis on personal achievement in the classroom and team achievement on the pitch. Junior Varsity will focus on player technical and tactical development, whereas Varsity will focus on advanced player development, positive competition, and program success within the league and MIAA.

Our Core Values:

1. **Family:** The entire soccer program (men's & women's) are a family. We will treat each and everyone in our family with respect and dignity at all times. Play for the person beside you, those that played before you, and those who are no longer with us. We are all united as one.
2. **Hard Work:** You only get back what you give to the program. You will try your hardest every day on and off the field to be the best version of yourself.
3. **Commitment:** You will give 100% of yourself to your teammates, your coaches, your school, your family, and your community. Day in and day out. No exceptions.
4. **STUDENT Athlete:** You are a STUDENT FIRST and a soccer player second. Your first priority is your coursework and you must maintain at least 70% average in all your registered classes in order to be eligible for match play.

IV. Policies & Procedures: ****Please Read Carefully.****

Family ID Registration

Every student athlete is required to fill out the online registration at Family ID: <http://www.familyid.com/marthas-vineyard-regional-high-school>

*****This must be completed prior to the first day of tryouts. DEADLINE: Aug. 20th.*****

Valid Physical

Every student athlete must have a valid (not expired) physical on record with the MVRHS Athletic Department. This means that your family doctor/general practitioner must provide a physical evaluation and this evaluation should not lapse during the Fall 2018 season. Notifications will be sent to the coaching staff throughout the season. Do not let this expire. Student athletes with expired physicals cannot train or participate in match play.

Concussion Baseline Testing

Every student athlete needs to meet with Tania Laslovich the Athletic Trainer to complete concussion baseline testing (imPACT). These records and expirations will then be maintained by the MVRHS Athletic Training Department. Notifications will be sent to the coaching staff throughout the season.

Try-Out Process

All potential student athletes should be in good academic standing, registered in Family ID, have a valid physical and concussion baseline test in order to participate in the try-out process. Try-outs will last approximately one week and player evaluations will be made by the coaching staff during that time. Players showing advanced skills will be rostered to varsity and players showing the need for development will be rostered to junior varsity. The coaching staff will determine the desired roster numbers for both squads. After evaluations are complete coaching staff will address players requiring further development before any official rosters are posted.

Team Captains

Varsity coaches will elect team captains based upon a set of criterion influenced heavily by the program's core values and mission. Once the coaching staff has elected their team captains those team captains, along with the entire team, will elect an underclassmen co-captain to develop for future leadership roles in the program. Junior varsity coaches will follow a similar selection procedure with a more central focus on developing future team leaders.

Attendance & Academics

The MVRHS attendance policy will be in effect for all student athletes. Daily absentee reports will be sent to the coaching staff. Training attendance will be taken by coaches daily. As an overarching MVRHS soccer program rule, if a player has three (3) unexcused absences from training they will be removed from the team for the remainder of the season. More detailed information regarding the school attendance policy is available in the MVRHS Athletics Handbook.

****Remember that you are a student first and an athlete second**.** This is one of our core values. That said, the following are the academic requirements for participation in the soccer program:

- Students must be issued a grade for each class on their schedule (no incomplete grades).
- Students must have passed the equivalent of four major courses.
- Students must have an overall average of 70% or greater for their combined course average
- In fairness to all participants, academic eligibility is determined before the first scheduled game, match or contest. If a student becomes academically ineligible during the season, they will not be allowed to participate. Any exception to this rule has to be approved by the Principal, Head Coach and the Athletic Director.

Under no circumstances may an ineligible student play in any MIAA scheduled games.

- TA's, independent studies and support classes will not be used for eligibility.

Substance Abuse Policy

MVRHS and the soccer program both have a ZERO TOLERANCE policy towards the use of any illegal substance (on and off school grounds). Please exercise good judgement as you are representing your school and your team at all times. Disciplinary action will be issued by both the coaching staff and MVRHS administration if any student athlete is found to be using any illegal or prohibited substance. More detailed information is available in the MVRHS Athletics Handbook.

Training & Workouts

Trainings will begin at 5pm EVERY day unless a match or scrimmage is scheduled. Supplemental workouts will be organized by the captains and coaching staff as needed. A 5pm start means that all rostered players will be on the field in full equipment starting the warm-up at 5pm sharp! No exceptions. Players not present or late will be subject to consequences as deemed appropriate by the coaching staff (Please see 3 absence rule in the Attendance & Academics section). If you are injured you are still required to attend trainings and workouts as a gesture of team support. If your condition requires you to miss a training or workout you must notify the captains and coaching staff as well as provide a doctor's note (for injury or illness).

Matches & Scrimmages

On days where a match or scrimmage is scheduled, all rostered players will be instructed by the coaching staff regarding arrival times to the stadium as well as pregame and post game routines. Captains will be expected to reinforce these instructions.

Equipment & Apparel

All rostered players are required to bring a water bottle, shin guards, cleats, running shoes, and designated training jerseys to EVERY training session - no exceptions! Additionally, all training equipment and team water needs to be on the field BEFORE the 5pm start time. Captains will designate players in charge of daily equipment and water preparation. Training and match apparel will be issued at the beginning of the season.

Dress Code

All student athletes are to abide by school-wide dress codes. On game days student athletes will elect apparel to showcase team unity and pride. Historically this has been polos for away games and shirt and ties for home games. This apparel must be equitable for all student athletes and deemed appropriate by both administration and coaching staff.

Travel Policy

For away matches the MVRHS travel policy will be in effect. In addition, all student athletes traveling should acknowledge and follow all program policies and procedures as traveling is just an extension of your time on campus.

Student Drivers & Travel Policy

All student athletes with a valid driver's license are to abide by Massachusetts state driving laws at all times. Student athletes may not transport teammates to the boat for away games.

The "Soccer House" (& Equipment Shed)

This is a SHARED space by both men's and women's programs. That said, you will treat the space and other squads with respect and use for squads will be scheduled at separate times. This is NOT a club house and only coaches and authorized school personnel will have keys to this space. It is a professional space intended to enrich the player experience in a positive way - do not abuse this privilege.

MVRHS Soccer Boosters & Team Fundraising Requirements (Mandatory)

The MVRHS Soccer Boosters is a parent-led organization focused on generating funds for both the men's and women's soccer programs. It is mandatory for ALL rostered players to participate in Booster functions and initiatives that benefit both programs equally. No exceptions.

"Open Door" Communication Policy

MVRHS, the athletics department, and soccer program all support an "open door" policy of communication. No player, coach, or parent should feel hesitant to voice any concerns and/or issues to the athletics staff or administration. Your comments and opinions will not be held against you and/or your player's standing within the organization. Open and constructive communication is encouraged! Please DO NOT approach a coach during a training session or match. Wait until all instruction has ended or send an email to set up an appointment to speak in person.

MIAA Application for Smart Phones

The Massachusetts Interscholastic Athletic Association (MIAA) has a downloadable app for your smart phone that will showcase and update team schedules, rosters, and scores in real-time. This is a very helpful app to have during post-season match play and state playoffs. Search for MIAA in the apps store. It is a FREE application.

V. Player & Parent Contract:

Your names and signatures below indicate that you have read, understood, and have agreed to abide by the content of this handbook.

Player Name:_____ Parent Name:_____

Player Signature:_____ Parent Signature:_____

Parent's Phone Number:_____

Parent's Email:_____

Date:_____

**** This page must be signed and dated in order to participate in MVRHS Soccer. ****