

# York Suburban Boys Soccer

## Team Guidelines

Head Varsity Coach: Tony Kowalewski (phone: 515-4238) (email: yscoachk@comcast.net)  
Head JV Coach: John Fornadel  
Assistant Coach: Tom Shugars

Web site for additional information and announcements: [www.ysboosters.org](http://www.ysboosters.org)

**Tryouts & cut policy** – Tryouts are held during the first five days of practice – a one week tryout period. The head coach shall notify players who are cut by the end of practice on the fifth day.

A team captain (or captains) shall be appointed at the discretion of the coaching staff.

**Academics** – PRIORITY #1 – Each player must maintain grades at an acceptable level (per district policy) in order to remain eligible to participate. York Suburban academic guidelines and eligibility requirements are attached.

**Attendance & Participation** – as per York Suburban School District policy any athlete who is late to school (without an acceptable excuse) is NOT permitted to participate in that day's practice or game. This also applies to an athlete who leaves school early. If an event is held on a Saturday, and the student is absent on Friday, he is only eligible to participate if a physician's note is given to the coach prior to the beginning of Saturday's event.

**Away game transportation** – When participating in an event at another school, athletes must use the transportation provided by the YS district. If for some reason the athlete requires private transportation home from a particular event, a note from the parent(s) must be submitted to and signed by the principal and/or athletic director one day before the event. This note must be given to the coach prior to departing for the game.

**Uniforms** – Every player is responsible for the care and return of the uniform, warm up, and any other equipment distributed to them by the district. Each player's uniform and warm up is numbered (tops and bottoms individually). It is the player's responsibility to return the number that was given to them – not just any uniform and warm up top and bottom.

### **Injuries**

1. Report ALL injuries to a coach and trainer immediately.
2. Have all cuts, abrasions, and contusions treated no matter how minor.
3. All players are expected to follow the trainer's direction for injury care and rehabilitation.
4. Absolutely no other full-time sport during soccer season.

## **Team Conduct**

1. Be on time for practice, games, and bus departure times. It is the player's responsibility to be on time, not their parent's. Rule of thumb: on time is late, early is on time.
2. It is the player's responsibility to advise the coach(s) when he will be absent from a practice or game for any reason.
3. Hazing and abusive behavior towards teammates is unacceptable and will not be tolerated by the coaching staff or school district.
4. Profane and vulgar language is discouraged and will not be tolerated by the coaching staff.
5. Substance abuse – players are strongly discouraged from the use of drugs, alcohol, or tobacco in any form. Players found to have used such substance shall be disciplined according to the guidelines set forth in the York Suburban School District Guidelines for Participation in Extra-curricular Activities Policy. Each athlete and athlete's parent must sign and return this policy in order for the athlete to be eligible to participate in any scrimmages or games.
6. Any player who is suspended (loss of privilege to play in a certain number of games) for any reason (academic or otherwise) must attend practice and games during the suspension period. Failure to abide by this regulation will result in immediate dismissal from the team. A second suspension will result in the player's immediate dismissal from the team.
7. Dress Code – all members of the team shall be neatly groomed and dressed at all times. Practice dress shall NOT include torn or frayed shorts or shirts. All shirts must be tucked in for both practice and games. The wearing of jewelry is not permitted in practice or games (as per PIAA rules).
  - a. In most cases players will change into their uniforms prior to traveling to an away game. However, in cases where changing facilities are made available dress for away games will include a polo shirt and appropriate pants and shoes (no jeans or sneakers). The team is encouraged to wear their uniform tops to school on game days.

## 8. Team Rules

- a. Yellow Cards for dissent (verbal “abuse” of an official)
  1. First offense:
    - Sit out a minimum of 10 minutes (league = 5 min)
    - Mandatory ball runner for half of next home game
  2. Second offense:
    - Sit out a minimum of 20 minutes (league = 5 min)
    - Mandatory ball runner for all of next home game
  3. Third offense:
    - Sit out a minimum of 40 minutes (league = 5 min)
    - Mandatory ball runner for all of next home game
    - Player will not start the next game
  4. Additional offenses:
    - Sit out a minimum of 40 minutes (league = 5 min)
    - Mandatory ball runner for all of next home game
    - Player will sit out the first half of the next game
    - Additional discipline TBD at the discretion of the coaching staff
- b. Red Card
  1. First offense:
    - Ineligible to play for next game (league and team rule)
    - Player will not start in the next eligible game
    - Mandatory ball runner for all of next home game
  2. Additional offenses:
    - Ineligible to play for next game (league and team rule)
    - Player will sit out the first half of the next game
    - Mandatory ball runner for all of next home game
    - Additional discipline TBD at the discretion of the coaching staff
- c. Equipment put-away
  1. ALL members of the assigned group are required to stay and put away equipment completely
- d. Practice
  1. Practice starts when you arrive! Take advantage of the time between your arrival and the official start time to work on individual skills.
  2. There will be NO RANDOM SHOOTING ON GOAL!!!
- e. Pre-game protocol
  1. Varsity match – JV to work on touches in small groups.
  2. JV match – varsity to be on the bench or in the stands together, or in small groups off the main field area working on touches.

9. **RESPECT** – yourself, teammates, coaches, facilities & equipment, your school, opponents, officials, fans, and **THE GAME!**
  - a. Treat the “game” of soccer the way you and your team would like to be treated and regarded by others – opponents, fans, referees.
    1. Take this opportunity seriously and treat it with the utmost respect.
  
10. **TEAM PRIDE** - Take pride in how you look and act.
  - a. Wear uniforms, warm-ups, t-shirts as a team
  - b. Walk to and from the bus and field together as a team
  - c. Have an organized and coordinated warm-up as a team
  - d. Maintain a neat and organized bench area
  - e. Be positive and provide encouragement to your teammates in both practice and games. Whether a good day or bad.
  - f. **BE A GOOD TEAMMATE!**
  - g. Remember, little eyes are watching you, and they see everything. You do not have to be a role model, but set a good example!
  
11. Play with **ENTHUSIASM, PRIDE** and **DIGNITY!**
  
12. **BE A WINNER!** Be gracious in victory, and humble in defeat. Applaud your opponent for a job well done in both victory and defeat.