

**Taunton High School  
Boys' Soccer Program  
Expectations & Guidelines  
2016-17**





## Taunton High School Boys' Soccer Program Contact Information



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Boys Varsity Website: <http://tauntonsoccer.wix.com/tigers>

Twitter Handle Reminders: @THSTigerSoccer

Boys **Varsity** Remind 101 for PLAYERS: enter this #: 81010 text this message: THSVarsitySoccer

**ALL** program Remind 101 for PARENTS: enter this #: 81010 text this message: THSSoccerparent



## PHILOSOPHY:

### Core Values

- Academics come before athletics
- Positive Communication
- To instill character qualities because character drives talent towards greatness; humble, hungry, hardworking, honest, dedicated, selfless, loyal, passionate, accountable
- Reinforce the importance everyone as a member of the team not merely as an individual

### Mission

We will build everything about Taunton High School Soccer from the ground up with a new way of thinking. A tree without a root cannot grow and bear fruit. Our foundation is to **RISEUP**.

- **Respect:** Respect oneself, the team, the coaches, the referees, our opponents, the game, our fans.
- **Integrity:** Do what is right even if it is hard for ourselves, for our team, for all of those who have come before us to make this the program that it has been, is, and will be.
- **Support:** Support the philosophy of the program, the team, the coaches, always bringing positive energy to every moment and not being an “energy vampire” (negative person who will sabotage our vision and what we expect to become) You are for US, even if you may feel differently sometimes.
- **Encouragement:** We build confidence in one another through positive interaction and feedback.
- **Unity:** ONE team, ONE purpose, ONE vision. Together we are stronger than we will ever be alone.
- **Pride:** When we look in the mirror at the end of a day we want to see a vision of someone who inspires others, who has made someone else better today, who has impacted the team in a positive way. That is TIGER PRIDE.

### Vision

Aspire to be an educational-athletic program that provides a positive high quality experience for every student-athlete. Continue to help players develop the skills, tactics and strategies of the game that will help improve the player and therefore improve the team. To instill “life lessons” that have value beyond the playing field that will someday inspire, lead and impact others. To continue a sense of “family” that every player will always be part of.



## PROGRAM COMMITMENT:

### **Varsity and SubVarsity:**

6 Days a week from August-Early November

-two to three games per week

-up to 19 games throughout the season

-two to three practices per week

-one strength training, match analysis, game prep session (Saturdays 7-10AM)

Player Development Program: (PDP) Conditioning/Technical/ Tactical Camp in summer (optional)

Tiger Strength and Conditioning Program: summer (optional)

Mandatory team building events, outside of team practice

- These will be approved by the head coach, with details on our team website

Preseason training;

- Players will be given a suggested workout plan, however will be required to take responsibility to achieve and maintain the required fitness test levels throughout the season and turn in a workout log upon arrival for tryouts

### **Freshmen and Ochos:**

4-5 Days a week with an optional Saturday Strength Training Session ONLY (7-8AM)

-one, two, or three games a week

- up to 8-10 (ochos) and 15 games a season

Player Development Program: (PDP) Conditioning/Technical/Tactical Camp in summer (optional)

Tiger Strength and Conditioning Program: summer (optional)

Preseason training:

- Players will be given a suggested workout plan, however will be required to take responsibility to achieve and maintain the required fitness test levels throughout the season and turn in a workout log upon arrival for tryouts.



## Team Expectations

1. Upholding the mission statement
2. Play fast paced, mentally tough, effective soccer
3. Develop a winning mentality and attitude amongst the whole squad
4. Embrace an enthusiasm for this experience on and off the pitch (FAMILY)
5. Perform consistently well under pressure
6. Perform with the same mentality and intensity in practice as in games
7. Ruthlessly dominate opponents physically and mentally for the entire game up or down
8. Team synergy that maximizes all players' best effort and potential
9. Belief in the ability of yourself and your teammates
10. Develop an atmosphere of positivity, trust, excellence and enjoyment within the whole group

WHAT ELSE DO YOU EXPECT FOR EACHOTHER? \_\_\_\_\_

Team Notes- 8/29      Determination, Team Love, Responsibility, Commitment, Focus

## Player Expectations

1. Establish positive work ethic academically and on the pitch
2. Maintain excellence in your studies
3. Practice how you play. Play with the same intensity in practice as in games
4. Create a legacy. Be mindful of the history already created as you leave new footsteps for others to follow
5. Effective communication is the essence of great teams. Learn from your mistakes, get performance feedback, ask questions, share information, celebrate success and learn from mistakes. Take corrective feedback as a compliment.
6. Accept responsibility for outcomes. Look in the mirror first when improvement is required.
7. One voice... Do not interrupt coaches, or teammates when they are speaking
8. Being an athlete involves choices you make on things you have control over- attitude and effort. In other words, character issues
9. Ability to put the team before yourself in every decision
10. Champions make the right decisions, not necessarily the easy ones
11. Champions are not the uniforms they wear or the number; it's who you are on the inside
12. Be a positive changing force in our program



## Captains Expectations

1. Live the vision and mission statement by modeling great behaviors
2. Evaluate, teach and build self-confidence in others
3. Show a positive energy and optimism
4. Establish trust
5. Embrace feedback and give credit
6. Have the courage to make unpopular decisions
7. Set the example on and off the field
8. Celebrate successes and show strong support during adversity

A guide to good Leadership:

- L** Live the vision you have created
- E** Energy- be positive and optimistic
- A** Attitude- something over which you have personal control
- D** Design the great experience for those around you
- E** Example- set the example to others by how you do things
- R** Respect- all feedback and other points of view
- S** Self Confidence- build it in others with positive reinforcement
- H** Habits- establish world class habits in whatever you do
- I** Integrity- your character is revealed by your actions
- P** Passion- be enthusiastic about what is important to you

Captains are required to meet with coaches on a regular basis to discuss any issues arising

Leadership is a skill- just like kicking a ball, it is a skill that can be practiced and improved.

## Coaches Expectations

1. Set the standard for players, parents and the whole program to adhere to
2. Place the emotional and physical well-being of every player ahead of any personal desire to win
3. Respect all players, officials, spectators and opponents
4. Act appropriately and professionally at all times, providing a safe environment for all team members
5. Support and comply with the THS handbook, athletic policy, MIAA policies
6. Teach players how to win and lose gracefully; Humble in victory and dignified in defeat



## Team Rules

To be a member of the Taunton High School Boys Soccer Program is a privilege and not a right. Team members must abide by ALL the THS rules, athletic department rules, and MIAA rules pertaining to athletics as well as ALL rules established by the coaching staff.

In order for our program to be successful your top in-season priorities are expected to be: 1) school 2) family 3) soccer. As such, an atmosphere of organization, dedication, and discipline must be established.

- 1) Attendance- 100% attendance is required at all practices, games, team building, and strength training/match analysis /tactical sessions. If you are hurt, you are still expected to be at practice (on-time). If you are sick and at school, you need to see your coach (8<sup>th</sup> grade- see Coach Whitters) if you believe you need to go home, instead of attending practice. If you are at home or if you have some other family emergency and you will not be at practice, you are REQUIRED to call/contact the coaching staff on that day. Remember, colds, headaches, stomachaches, and allergies are inconveniences- not major illnesses. In these cases, practice may be excused, but attendance at practice is still mandatory. Other exceptional needs, including school functions, will be evaluated on a case-by-case basis, must be approved in advance, and should be kept to a minimum. Please note that not practicing regardless of the instance in or out of your control may affect playing time regardless, due to the needs of the team.

Tardiness is unacceptable and you will be required to make up time missed at the end of practice doing conditioning. If you are tardy for a game you will sit for a ½ or at the discretion of the coaching staff.

Excessive unexcused tardiness will result in sitting a game(s) or exclusion from the team.

In addition to being on time you must be READY to participate at the designated start time. (early is on time, on time is late, and late is unacceptable) Long socks, cleats, shin guards. Sneakers must be available for EVERY practice just in case they are necessary.

If you need to be tardy to practice because you are receiving tutoring from a teacher due to low standing grades, or further understanding of a particular topic to stay on top; you will be REQUIRED to contact your coach ahead of time about the time and date that you will be staying. You are REQUIRED to bring a note to practice from the teacher with the time period you stayed for. Please note that you will be REQUIRED to make up the time after practice for necessary conditioning that was missed at the beginning of practice.

- 2) School attendance and grades- Players are expected to meet all the attendance requirements of the school. You must be in school for the required amount of time set forth by the school in order to participate in practice and/or games. If a player is found guilty of violating this rule will be subject to your termination from any one of our teams.
- 3) Academics- Academics come first. You will be REQUIRED to turn in bi-weekly academic forms to your coach to be proactive about any potential problems. This will include a character rating. If you fail to turn in an academic form you will be ineligible to play in the following game. Forms will be due on Friday. If your grades are not upstanding you may be required to attend a tutoring session with your teacher.



- 4) Manners- Each athlete is expected to be polite and respectful to all coaches, teammates, officials, opponents, faculty/staff, parents, fans, and EVERYONE.  
Negative attitudes and behaviors towards yourself and others will not be tolerated

NO CELL PHONE USE in the locker room or playing field

NO CELL PHONE USE on the bus away or to a contest. COMMUNICATE AND BOND WITH YOUR TEAMMATES.

I will have a REMIND 101 for parents that alerts them when we are 30 min away from our arrival time.

WHEN YOU ARE WITH YOUR TEAM, BE WITH YOUR TEAM.

Be responsible in the locker room..What you do when no one is watching matters.

- 5) Games- All team members are expected to travel to and from our games. We discourage travel home with parents unless it is for a pressing reason. If an athlete needs to ride home with their parent a release from must be signed by the parent and given to the athletic director secretary 24 hours in advance. NOT THE DAY OF A GAME.
- 6) Problem solving- If there is a concern with playing time or positioning the athlete needs to discuss options with the coach on how to fix the problem. If a player and/or parent would like to address a concern or a complaint with the coaching staff the following actions must take place:

- You must wait 24 hours after the competition or incident has been completed to voice your complaint
- After in that time period the athlete may set up a meeting in person with the coach to address the concern, **no complaint emails will be accepted.**
- If your concern/complaint has not been resolved then we can set up a meeting with your parent/yourself and the varsity coach.
- If the concern/complaint has not been resolved beyond that we can set up a meeting with your parent/yourself/the varsity coach/ and the athletic director.

You need to advocate first for yourself.

- 7) Equipment- All athletes are expected to have properly fitted and safe shin guards and soccer cleats. A home and away kit will be provided. You are responsible for the care of your uniforms. Please wash them as instructed. DO NOT cut off any tags. Do not wash them with things that may stain them. If you do not wash them correctly and they get ruined, you may be responsible for cost replacement. All uniforms are to be turned in on time at the conclusion of the season or if there is a termination from your position.
- 8) Health/Nutrition- Every athlete must complete the concussion base line testing with the athletic trainer or the head coach. You must maintain a healthy diet that promotes playing the game of soccer at a high level. You must get enough rest to help you perform at the highest level possible. Follow the weight training program set forth for the team to prevent injuries , and report any injury, minor or major, to the coaching staff as soon as possible so that rehab can take place as soon as possible. AT NO TIME MAY YOU ENGAGE IN ANY ILLEGAL CHEMICALS, DRUGS, OR ALCOHOL THAT WOULD PUT YOUR HEALTH IN DANGER. Who you are hanging around with in and out of the school environment has huge impact on your life and direction. Surround yourself with good people, doing the right thing and good and right things will come to you.

The coaching staff reserves the right to place additional rules into place as they see fit in order to correct or maintain a safe and fair environment.



