

Coach's Corner

Thank you for your interest in Mustang Soccer. We have the potential to build a very strong program at Kennesaw Mountain. We have a very active booster club, a supportive administration, talented players, and a dedicated coaching staff. We focus on the total player and expect him to be a good student, athlete, and citizen. It is important to realize that participation on an athletic team at KMHS is a privilege, and there are certain responsibilities involved. Here are a few things everyone should know.

Academics

- Students declared ineligible by GHSA regulations cannot practice or play on an Interscholastic Athletic team. (You must pass $\frac{3}{4}$ classes and be on track for graduation.)
- A minimum of 75% in all current classes and a satisfactory in conduct for all classes is the expectation of this program.
- Students not meeting these expectations will have 1 week to show improvement or they will be suspended from practice and play for 1 week.
- If at the end of week 2, the athlete improves, he will be reinstated. If he does not improve he may be removed from the team for the rest of the season.

Conduct

A student who commits the following offenses shall be disciplined. The discipline may include, but not be limited to, suspension or permanent dismissal from the team.

- Use of tobacco
- Missing practice or team functions (unless excused by the coach)
- Skipping school or classes
- Acting in an unsportsmanlike manner when representing the school
- Any act at school or away from school, which results in disciplinary action by school administration.
- Any act at school or away from school, which in the opinion of the coaches and administration reflects in a negative manner on the school, athletic program, or activity.
- Out of school violations of civil law (ie: misdemeanors, felonies, arrests) – including, but not limited to: underage consumption/ possession of illegal drugs, alcohol, or tobacco/ DUI/ theft/ fraud/ assault/ sexual misconduct, etc.

Selection Process

Training begins in January, and official tryouts will begin in early February. Try-outs will consist of a minimum of 3 days. We traditionally use game situations to evaluate players. They will play 1 v. 1, 2 v. 2, 5 v. 5, and 11 v. 11. We also look at fitness, work ethic, and attitude when selecting the teams. A sheet that shows some of the criteria for team selection is included elsewhere in this packet. Typically, we choose between 16 and 22 players for each team with 18 being the target number. Every player has to earn his spot, and is not guaranteed a position because he played in previous years. Making a team does not insure a starting slot or playing time. There is a big difference between high school and recreational athletics. There is no guarantee that every player will play in every match. We play to win first, and try to get everyone minutes next.

Games

The varsity will play an 18 game season including a 3 game tournament, and the jv will play 13 games. Our schedule is split roughly 50/50 between home and away matches. Typically the first match is around 5:30pm and the second match is around 7:30pm. Whenever possible teams are scheduled as double headers with jv and varsity or girls and boys. A sheet with directions for all of the away games will be forthcoming. Any player wishing to watch a home match of one of the other teams needs to be prepared to

give his name and jersey number at the ticket booth to be admitted free. Parents will not be admitted free. All players are required to ride the bus to away games. Players may not ride home with anyone other than their parent or guardian. All players are expected to be at all games. If there is a conflict, the coaching staff must be notified in advance. Players will not be allowed to play in the game if they were absent from school, in ISS, or suspended.

Equipment

- Each player is responsible for providing his own practice equipment including: sweat top and bottom, shorts, t-shirt, socks, appropriate shin guards, flats (running shoes), and cleats.
- Each player will be issued a home and away uniform including: socks, shorts, jerseys, and a bag. The varsity also has team sweats. Players are responsible for this equipment and must return it in good shape.
- Players must provide their own shin guards (appropriate size) and cleats.

Fitness

All players must have a completed physical signed by a medical doctor prior to playing or practicing. The pre-season will be very strenuous and players need to condition in the off-season to prepare for training. We will train 5 days a week and be in the weight room 3 days a week during pre-season. Players will run a timed 2 mile on several occasions. The target time for 10th-12th graders is 13 minutes, and for freshmen it is 13:30. It is not uncommon for us to average 4-5 miles a day in pre-season, so start training now! The school has contracted an athletic trainer to try to keep athletes healthy, and return them to the field of play as soon as possible if they get injured. Any athlete that has seen a doctor must receive a written release before he is allowed to return to practice or games.

NCAA Eligibility for seniors

If you are planning to enroll in college, and wish to participate in Division I or II sports, you must be certified by NCAA Initial-Eligibility Clearinghouse. The Clearinghouse will analyze your academic information, and determine if you meet the NCAA's initial eligibility requirements. Forms are available in guidance.

Other in-season activities

Our season is approximately 3 months long from try-outs through the state playoffs. It is recommended that if at all possible, players not work an extra job during the season. This allows them to focus on academics and KMHS Soccer. I also request that players do not participate on club teams during the high school season.

Lettering

- Any player who participates at the varsity level may be considered for a letter.
- Any player who completes the regular season and its post season as a team member in good standing may be considered for a letter.
- A player must compete in 50% of the matches or 50% of the total available minutes. Participation may include time on the sidelines/bench at the discretion of the coaching staff.
- A player must meet all attendance requirements. (games, practices, team meetings, etc.)
- A player must exhibit a proper attitude toward the athletic program as determined by the coaching staff.
- Any player who is injured in the course of a match or training may be considered.
- Any player expelled from a team during the season for any reason will not earn a varsity letter.