



RICHLAND HIGH  
SCHOOL  
REBEL SOCCER

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*Lady Rebels Soccer*  
**2019-2020**

TOUGH DISCIPLINED FOCUSED RELENTLESS RESILIENT POSITIVE

**BRICK X BRICK**



RESPECTFUL CARING COMMITMENT SELFLESS GRATEFUL SERVANT



# RICHLAND HIGH SCHOOL REBEL SOCCER

## Contact and Other Information

**Rebel Soccer Website** – <https://www.birdvilleschools.net/Domain/1088>

- Schedules, rosters, statistics, pictures, booster club information, events, etc.

**Max Preps** - [http://www.maxpreps.com/high-schools/richland-rebels-\(north-richland-hills,tx\)/girls-soccer-winter/home.htm](http://www.maxpreps.com/high-schools/richland-rebels-(north-richland-hills,tx)/girls-soccer-winter/home.htm)

- Schedule, statistics, rankings, roster, etc.

**Lady Rebel Soccer Hudl** – <https://www.hudl.com/team/v2/70106/Richland-Girls-Varsity-Soccer>

- Game film, highlights, etc.

### Want to register for Lady Rebel Hudl Page?

- **registration page** - <https://www.hudl.com/jointeam>
- **team code** – 5sqemtv
- **email** – [kyle.lester@birdvilleschools.net](mailto:kyle.lester@birdvilleschools.net)

### **Varsity Team Contact Information**

Coach Lester – [kyle.lester@birdvilleschools.net](mailto:kyle.lester@birdvilleschools.net)

Coach Abad – [carlos.abad@birdvilleschools.net](mailto:carlos.abad@birdvilleschools.net)

### **Varsity Player Remind 101**

Text - 81010

Message - @ladyrebel

### **JV Team Contact Information**

Coach Bond – [mason.bond@birdvilleschools.net](mailto:mason.bond@birdvilleschools.net)

### **JV Player Remind 101**

Text – 81010

Message – @28ed9d



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**NOTES:**



# **RICHLAND HIGH SCHOOL REBEL SOCCER**

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## **Lady Rebel Soccer Philosophy**

### **Program Philosophy:**

It is the intention of the girls' soccer program at Richland High School to establish a successful and positive representation of our school, our district, and the surrounding community. The girls' soccer team will represent BISD in both the soccer arena as well as academically. With a strong foundation through our Core Values, our program will be built on fundamentals. We will attempt to teach the game of soccer as well as prepare them for life's challenges. We are committed to developing our players into well-rounded individuals ready for the challenges that await them in their future. We will always instill the understanding that the commitment to our core values, teammates, coaches, families, school and community must be strong to contribute to the overall success of the program.

### **Coach's Philosophy:**

As a coach, I believe in developing the student athlete mentally and physically, maximizing the player's potentials through a love of soccer, desire, commitment, and high intensity practices. As a role model and mentor, I will illustrate the importance of our Core Values and try to instill those values into each athlete. The Richland soccer team will utilize a variety of tactics based on individual team needs, thus resulting in an exciting brand of soccer. We will emphasize the importance of the fundamentals, knowledge of the sport, and how fun soccer can be.



# RICHLAND HIGH SCHOOL REBEL SOCCER

## PLAYER EXPECTATIONS:

### Core Values

Players will be expected to live, practice, and play by our collaboratively developed and agreed upon Core Values. Accountability in adhering to our Lady Rebel Soccer Core Values is the responsibility of each individual, teammates, and coaches. We are a family, a program. We are all responsible to develop and maintain our culture. The road to success is hard, but to stay there is even harder. Our core values and program culture is the stronghold for continued success. Players need to make living by these core values a priority.

### Training Mentality/Practice Attitude:

The way you train during practice is the way you will play in the game. Developing a training mentality begins with YOU. As you improve, so does your team. You must be willing to push yourself and your teammates to the edge:

### Developing a Practice Attitude:

- Come to practice early and work on one aspect of your game.
- Come to practice properly dressed, shirt, soccer shorts/warm-ups, no watches or jewelry.
- Eliminate distractions. Focus on what you need to accomplish during practice.
- Work Hard and Be a Great Teammate.

### Training on "Your Edge":

- Train past what is comfortable for you.
- DON'T just go through the motions.
- INTENSITY, INTENSITY, INTENSITY
- Raise the bar and set the standard.

### Setting Goals: "Dream Big":

- *Be specific, challenging, and realistic.*
- *Avoid unrealistic goals.*
- **Outcome goals:** based on scoreboard or external measures. You only have partial or no control over these goals.
- **Performance goals:** based on a long-range process. You have virtually total control over outcome.
- Set two performance goals for each outcome goal.
- Attitude and Effort are controlled by YOU. YOU can change them instantly!



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## **PLAYING TIME:**

***NO PLAYER WILL BE GUARANTEED PLAYING TIME. It is the team coach's responsibility to decide on playing time.***

The Richland High School Lady Rebel Soccer coaches will be expected to use the following criteria in determining playing time. (These are in no particular order and are at the total discretion of the coach.):

- Player's representation of the Lady Rebel Soccer Core Values
- Player attendance at training and games\*
- Player performance and ability
- Player attitude, commitment, and being coachable
- Player's ability to improve
- Pre-match tactical plan
- Situational occurrences in matches

## **RESPECT:**

- ***Respect for the game and the fans***
- ***Respect for your teammates and your team***
- ***Respect for the principles of the game:*** Be loyal to them.
- ***Respect for the opponent***
- ***Respect for the moral integrity to win,*** because we work the hardest to be the best team
- ***Respect for the team, the uniform, the Program, and its future:*** Rebel Pride!



# RICHLAND HIGH SCHOOL REBEL SOCCER

## Rebel Soccer Parents Code of Conduct

***“Your child’s success or lack of success in sports does not indicate what kind of parent you are. But having an athlete that is coachable, respectful, and a great teammate does.”***  
- **Unknown**

As a parent, you play a special role in contributing to the needs and development of our players. Through your encouragement and good example, you can help all the players learn good sportsmanship, self-discipline, and being a Great Teammate. Please read and observe the following Code of Conduct.

### **Show Respect and Courtesy to:**

All players, including opponents  
All coaches  
All officials  
Other spectators

### ***Be a positive Role Model for Your Child and Others***

#### **Encourage:**

Being a Great Teammate  
Fair Play  
Good Sportsmanship  
Competitive Play  
Cheering Instead of Yelling

### ***Recognize and Cheer for Good Plays by Both Teams***

#### **Refrain From:**

Questioning, Criticizing or Abusing Officials  
Taunting or Booing Players or Officials  
Using Profanity or Degrading Gestures  
Coaching From the Sideline

*Appreciate the Time and Energies Donated by All the Team and Program Volunteers and Cooperate with Their Requests.*



# RICHLAND HIGH SCHOOL REBEL SOCCER

## Parent / athlete / coach Communication Guide

### Our Philosophy:

- Athletic achievement requires sincere *commitment* from all athletes, parents, coaches, and administrators. For all of us to be successful, effective communication must occur.
- The school athletic department and administrators believe strongly in being accessible to parents and supportive of the coaching staff.
- We are continually attempting to improve communication with the students and parents. For our program to be successful, it is necessary that everyone understand the focus and direction of the program.

### Parent Expectations:

- It is reasonable to expect your child's coach to inform you.
  - ✓ When and where practices and contests are held.
  - ✓ About our coaching philosophy.
  - ✓ About the expectations for all athletes on the team as well as your child.
  - ✓ What is required to be a part of the team?
  - ✓ If your child is injured during participation in practice or a contest.
  - ✓ Whenever any disciplinary action results in her being denied participation in a practice or contest.
- Typical concerns of parents that are *appropriate* to discuss with a coach are:
  - ✓ How you can contribute to your child's skill improvement and development.
  - ✓ Playing time. (please talk to me at appropriate time)
  - ✓ Any dramatic changes you detect in your child's behavior.
- Concerns of a parent that are *inappropriate* to discuss with a coach are:
  - ✓ Team strategy or play calling
  - ✓ Other student athletes
- Coaches often need parents to tell them:
  - ✓ Any health concerns about her should be expressed directly to the head coach
  - ✓ Notification of any schedule conflicts well in advance.

### How should I contact the coach if there is a question involving my athlete?

- If the problem arises during practice or a game, please contact the coaching staff by email or by phone. All messages will be returned as quickly as possible.
- Please do not attempt to confront a coach before, during or following a contest or practice.





# RICHLAND HIGH SCHOOL REBEL SOCCER

## **Policy 2019-2020**

### **Equipment**

- ◆ Players should bring their own shoes (cleats & running) & shin guards.
- ◆ practice shirt
- ◆ shorts
- ◆ socks

Lost and/or stolen issued items will be replaced at cost by the player missing the item.

- ◆ All players will dress out each practice & watch regardless of injury or illness. Failure to do so will result in a possible point deduction in six weeks grade and/or loss of playing time.

### **Locker Room**

- ◆ Players are issued lockers & all valuables should be placed in a locked locker.
- ◆ Players are responsible for keeping the locker room clean & picked up.

### **Late/Tardy/Absent/ Policy**

- ◆ Players who report late:
  - ◆ Will do a make-up workout for their missed time.
- ◆ Players who are absent:
  - ◆ **Players are expected to tell their coach before practice the day of absence. This is extremely important in the planning of practices & games.**
  - ◆ Doctor appointments, dental appointments, other appointments & tutorials should not conflict with practice unless prior approval has been made.
- ◆ Players who miss games, training sessions **AND/OR** are assigned ASD (After School Detention) or ISS( In School Suspension)\*
  - ◆ Will do a required make-up workout.
  - ◆ 1<sup>st</sup> ASD/ISS Assignment/Unexcused: player will have limited playing time in the next game.
  - ◆ 2<sup>nd</sup> ASD/ISS Assignment: player will not play in the next game.
  - ◆ 3<sup>rd</sup> ASD/ISS Assignment: will face a possible suspension from the program.
  - ◆ It needs to be stressed, it is a privilege to be in athletics, especially this program.
- ◆ If a player misses make-up running sessions, the player will not be allowed to play in the next game until make-up running is completed.

\*Subject to change, adjustment, & improvement, each case will be reviewed by the staff.



# RICHLAND HIGH SCHOOL REBEL SOCCER

## Soccer Price Guide

The following is a list of all the items that may be checked out to your daughter throughout the course of this season. If any of these items are lost or destroyed, they will be responsible for paying the full price for each item that is missing. Below is a full list of the items and their cost.

Varsity Jersey.....	\$70
Varsity Game Shorts .....	\$30
Varsity Game Warm-up Top.....	\$45
Varsity Game Warm-up Pants.....	\$30
Varsity Game Bags .....	\$45
Varsity Stadium Jacket.....	\$100
JV Jersey.....	\$55
JV Game Shorts .....	\$30
JV Game Warm-up Top.....	\$45
JV 1/4 Zip Top.....	\$40
JV Game Warm-up Pants.....	\$30
JV Game Bags .....	\$45
JV Stadium Jackets .....	\$90
GK Jersey .....	\$40
GK Pants .....	\$30

I, \_\_\_\_\_, the parents of \_\_\_\_\_, have read and understand that if my daughter loses or destroys any of the equipment issued to her this season, we will be responsible for reimbursing the athletic department the full listed price for each item.

\_\_\_\_\_  
Athlete Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date



# RICHLAND HIGH SCHOOL REBEL SOCCER

## Athletic Trainers/Student Trainers/Rehab.

- ❑ The Richland High School Athletic Department provides two licensed and certified trainers to assist in evaluating and rehabilitating injuries resulting from training sessions and games. Due to the numerous sanctioned events during the time of soccer season, a licensed trainer may not always be at the practice location, however, a student trainer is assigned to girls soccer and will accompany the team to games.
- ❑ The Sports Medicine Department is dedicated to providing quality care for athletes. By communicating, players will miss less time due to injuries. However, a distinction should be made between “being sore” and being injured.
- ❑ We must distinguish between pain and injury. A young man or woman who is injured and can not practice will be under the direction of our Athletic Trainer and Sports Medicine Department. In the RARE event that you are injured, remember the following:
  1. Report all injuries to the trainer and follow his/her instructions to the letter.
  2. All treatment is to take place at the time the trainer designates.
  3. Players should get treatment during the scheduled treatment times.
  4. No one is expected to miss practice without the Head Athletic Trainer's permission.
  5. All meetings must be attended.
  6. No matter how small the injury, get treatment in the morning at 6:30am.
  7. Player do not go into the training room for any reason unless with a coach or the trainer.
  8. Great champions can distinguish between pain and injury.
  9. Wear only issued equipment.
  10. During the winter, athletes are subject to many illnesses, i.e., dehydration, hypothermia, etc. If you feel or experience anything out of the ordinary, notify your coach or a trainer immediately.

## Hours of Operation:

Monday – Friday, 6:30am – 7:20 am,

No Treatment will be started if player arrives after 7:00 am.

If a player skips treatment they will not be taped or treated for practice.

Players will not be taped just to be taped, they must attend treatment for the injury.



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## Team Travel and Home Games

On all team travel, we will attempt to make it a memorable and educational experience. However, we constantly keep in mind that our *primary purpose* is to win the soccer game. We will attempt to have as good a time as possible, but we must get ourselves ready mentally and physically to play as well as we can.

Remember the following when travelling:

1. Check and pack all your gear. This is your responsibility.
2. Be prompt. If you are late, you will be left.
3. Please, do not eat junk food or drinks before a game.
4. No loud or boisterous conduct on the trip. Our bus drivers need to get us there safely.
5. Before a game and up until we kick-off, players will be thinking about winning the game.
6. Once the coach tells the team to warm up for the game all cell phones will be put away and not used in anyway until coach says you are allowed. Keep your focus on the task at hand.
7. Players may leave with their parents after a game, but I must have a signed player/parent driver contract and notification at each game.
8. **Varsity will be required to come early to games and support the JV team.**
9. **All JV players are required to stay and support for the entire varsity game.**