

Soda Springs Wrestling Team Rules and Regulations

1. Schoolwork comes first. You must maintain a 2.0 average. Ineligible athletes cannot participate in any matches or tournaments. If extra help is needed, get it or ask for assistance getting it.
2. Student athletes who are consistent disciplinary problems in school or practice will be removed from the team at any time. You must adhere to team rules, school rules and laws at all times.
3. Attendance is required at all meetings, practices and matches. Any unexcused absence will result in being suspended from participation in one or more matches or tournaments. Continued absences after the 1st suspension will result in being removed from the team. Excused absences may include school-related activities such as SAT tests, tutoring, family emergencies, etc. These must be cleared with the coaching staff PRIOR to missing practice or as soon as possible afterwards. During the wrestling season, family activities and vacations need to be cleared in advance. Not having you there hurts the Team.
4. Be on time for school as well as all meetings, practices and matches. Tardiness will result in disciplinary measures. Practice starts at 4:15 pm and will go until approximately 6:00pm.
 - Shoes and headgear on and ready to wrestle at practice start time.
 - Arrive 15 mins. early for departure trips.
5. Use of alcohol, tobacco and drugs will not be tolerated and will result in removal from the team.
6. Win with class & lose with class. You're representing your teammates, your school, your family and yourself. Make everyone proud of Soda Springs wrestling. Never demean your opponent in any way – no taunting or showing up an opponent. Keep personal celebrations on the mat in line; share your joys and frustrations with teammates and coaches away from the mat.
7. Wrestling rules prohibit the removal of any part of your singlet and headgear while on the mat, in other words leave the straps up and headgear on. Be ready, fully dressed with warm-up off and headgear on, even before the previous match is over. No jewelry is ever allowed on the mat. Doing so is a violation of wrestling rules, and costs the team points. Always wear your uniform with pride.
8. Behavior in practice room, locker rooms and at matches will be professional at all times. Disrespecting of Coaches, Referees, Teammates or School representatives will not be tolerated at any time. Such behavior will result in suspension from the team.
9. Match attire includes school singlet, approved shoes, headgear, knee and other pads. No excess taping or decorating of the uniform will be allowed.

10. MP3Players, Ipods, any electronic gaming device will not be used during practice or any team activity including dual meet team warm up. MP3 Players, Ipods will be limited to use during individual warm up at dual meets and tournaments.

11. Cell Phones will not be used during practice or team dual meet. Use of Cell Phones will be limited calls to parents or guardians during Tournaments. Excessive use of your cell phone will result in confiscation of the Cell Phone and team disciplinary action, see Rule #2.

12. Not giving 100% in practice hurts the Team, your Wrestling partner and you. Your performance and example affects everyone. Don't let the Team, your Wrestling partner or yourself down.

13. A mandatory hydration test at the beginning of the season will be required. This establishes how much weight each and every wrestler would be able to lose in any given week, safely. Excess weight loss will no longer be allowed in wrestling. In accordance with the requirements of the IHSAA wrestlers cannot compete without their hydration test or compete at a lower weight than the results of the hydration test deem as safe for that individual.

14. Weight loss must be done with proper dieting and exercise. The use of laxatives, purging or other unsanctioned methods will not be allowed. Rubber or plastic suits are also prohibited. Use of such methods will result in suspension from the Team.

· Committing to wrestle at a weight class is your commitment to your teammates, not making weight hurts you and your team.

15. Singlets and warm-ups are signed out to individuals. If you sign out a uniform and then trade with someone – if they lose it, you've lost it. You are responsible to cover the replacement cost of any equipment lost or stolen.

16. Remember the coaching staff is there for you. If you need to talk about anything, please do. You'll never be penalized for openness. You are always welcome to call your head coach to discuss anything, including personal problems, school problems, and team related problems including absences and tardiness.

17. Keep your family informed about team rules and news. This is, in itself, a team rule, we need their support. Too often parents' only relationship with high school teams deals with problems or fund-raising requests. We need their support as fans IN THE STANDS. Please make them a part of the team as much as possible.

CONSEQUENCES FOR RULE VIOLATIONS

1. Late for practice (unexcused) extra physical activity
2. 10 or more minutes late for practice – clean mats, extra physical activity.
3. Missing from practice (unexcused) 1st time (extra physical activity), 2nd (miss a match), 3rd time (dismissed from team)

4. Insubordination or bad attitude – extra physical activity, clean mats, possible suspension or dismissal.

5. Improper dress for trips – extra physical activity.

6. Improper language – 50 push-ups and 50 sit-up on the spot

7. Not making weight or weight goals – 1st time (extra physical activity), 2nd time (miss the next date of competition) 3rd time (moving up a weight class for the rest of the season)

The coaching staff reserves the right to deal with each circumstance on an individual basis as deemed necessary and appropriate.

I have read the rules and do hereby agree to comply with all of the above.

Wrestler _____ Date _____

Parent _____ Date _____

Coach Russ Clark

"Nobody who ever gave his best regretted it." George Halas

2013 Soda Springs Softball

Academics – Students must meet the requirements defined for athletic eligibility in the student handbook. Our philosophy is that members of the team are students first and athletes second! Players are expected to keep up on their school work and NEVER use softball as an excuse for substandard work. Grades and tardies will be checked weekly on Tuesdays. Any player who has an "F" at grade check time will not be able to play or travel with the team until the next grade check the following week. They will have until the next week to have the grade up to a passing grade. If a player is unable to get their grade up within 2 weeks, the player will be dismissed from the team. Players must maintain a 2.0 GPA.

Practices – Practice will begin at 4:15 (once we get outside) and run until approximately 6:00. There will be times prior to home games that practice may run a little later due to preparation of the field after practice. Practice attendance is mandatory. If a player cannot be at practice because of illness, family emergency, etc., that player is expected to get in touch with the one of the coaches BEFORE practice. We will not accept the player telling another player to let me know. If practice is missed due to a visit to the doctor, the player must return with a doctor's note. If a player misses practice, a reduction in playing time should be expected. If we do not hear from the person who will miss practice it will be an **unexcused** absence and the result will be missing the next game played. If it is an away game the player will not travel with us.

Bus Policy – Players are required to ride the team bus to the games. Players may be signed out to go home with a parent... **A parent only**. If any other arrangements are needed the player needs to clear that through the Principal before the event and I must be notified of the exception by the Principal.

Training Rules – Players will be asked to review the Soda Springs High School Drug, Tobacco, and Alcohol Policy. We take this very seriously and ask for your cooperation in enforcing it. We will enforce a NO Tolerance Attitude.

Playing Time and Player Roles – Each player has a different role on the team, and that role may vary from game to game throughout the season. Playing time is earned in practice – it is not something that is taken lightly or handed out arbitrarily, or on the basis of personality. It has nothing to do with liking or not liking a player as a person. Everyone will be treated as an equally important member of the team. As coaches, we realize that not all players can play equally. We will attempt to be as fair as possible with playing time. If a player has a question or comment about their playing time, that player should feel free to discuss it with us. However, the coaches will not discuss playing time with parents.

If there is a problem, the following procedure should be followed:

1. Player talks to coach. (If not resolved...)
2. Parents and player make an appointment to talk to the coach. (If not resolved...)
3. Parents make an appointment to meet with myself and the Principal.

*Remember, it is a privilege, not a right to be a member of the Soda Springs High School Softball Team.

Player Attitude –

1. Softball is a game and therefore should be fun for the individuals who play.
2. Winning isn't everything but giving your best effort and wanting to win is.
3. The team is ALWAYS more important than each of its individual members. You may be asked to give something if it is of benefit to the team.
4. Many things during a softball game are out of the control of the players – the two things that you can control are your effort and your attitude. As coaches, we have expectations of both during practices and games.

Sportsmanship – Some general sportsmanship rules are covered in the athletic code. However, softball players from Soda Springs High School are expected to go above and beyond the rules covered in the Code. All softball players are expected to be on their best behavior in the classroom, on the practice field, at games, and at any other times when representing Soda Springs High School Softball. The following are behaviors that WILL NOT be tolerated:

- Disrespect of teammates, coaches, opponents, and officials
- Disrespect of faculty members and classmates
- Excessive tardies or disruptive behavior that results in detention

If any of the above actions occur, a meeting with the coach will take place, at which time a penalty will be assessed. Obvious penalties could be decreased playing time, suspension from the activity, or dismissal from the team.

Parents/friends around dugouts – We ask that this be kept to a minimum. Parents can bring drinks, coats, blankets to the players but, please do not hang out there. Parents/players will be able to visit after the game but during the game we expect the players to stay focused on the coaches and the game.

PARENTS, FRIENDS and FAMILY MEMEBERS ARE TO BE SPECTATORS AND NOT UMPIRES/COACHES!

Equipment:

Spirit Pack – TBD. Usually runs about \$50-75 (includes hoodies/sweat pants, 2 game shirts, game pullover, game socks). Freshman runs about \$100-125 because they have to buy everything.

Gym Shoes – Needed for indoor work.

Cleats – STRONGLY recommended.

Socks – Each player needs solid black long socks without a logo.

Black long sleeve shirt – Each player needs long black sleeves **solid black**.

Glove – Each player needs to have their own glove.

During cold games the players will NOT wear anything other than cardinal red or black colors. No pink/purple/blue coats over top of uniforms. The hoodie/pullover must be taken to all games so that it can be worn if needed. No pink beanies! Black or red only.

If a player forgets any part of their uniform for a game and you can't borrow from someone you will not play.

Curfew – We will have curfew all season. This is 11:00 pm on school nights and 10:00 pm the night before a game. Thursday, Friday and Saturday nights curfew is midnight unless there is a game the next day then curfew will be at 10:00 pm. Curfew means that you are at your own home.

From curfew will be at 1:00 a.m.

Distinguished Young Women (Jr. Miss)- We will allow girls to participate in this program without being penalized. We do expect them to make as much of a practice as they can even if it is only for 30 minutes.

Spring Break – We have scheduled time off during Spring Break. March 25-28. Games are scheduled for March 23 and March 30th. We will practice March 29th.

Soda Springs High School Boys Basket Ball Code of Conduct

Congratulations on earning a spot on the Soda Springs High School Basketball Team. You are part of a very special and proud organization. We recognize the tremendous sacrifices you make in time, money, and effort to represent Soda Springs High School. Your efforts are appreciated by all of us in the community. Good luck in your upcoming season. Not all success should be measured by a win/loss record. However winning District and State Championships will always be our goal. Success should also be measured by the growth and maturity that sports programs can develop. Another goal of ours will be to learn teamwork, leadership, and responsibility not only in sports, but also in life! To best achieve these results, you will be asked to follow some basic rules:

1. You will be to all practices on time. Being late or unexcused absences from practices could result in the loss of playing time for the next game. (If you are going to miss or be late to practice you must call your coach. Even if you miss school that day.) Coach Bergholm 390-9117 Coach Erickson 221-1598 Coach Goodenough 589-3772 Coach Fuechsel 339-7390
2. You will never question an officials decision, nor will you show disapproval with any kind of behavior unbecoming of Soda Springs High School basketball standards. Behavior like this, or technical fouls, could result in a loss of playing time as well as extra conditioning in practice.
3. No hats or shorts will be worn before or after any games, home or away.
4. Your pants will be pulled up around your waist. Your Boxers will not be showing above your pants. Team shirts will be worn on game days as determined by your coaching staff.
5. You will listen to your coaches and do the things they ask you to do. Teamwork and winning are the results we want, not individual stats! ****NO HOME COACHING****
6. Curfew will be 8:30 P.M. the night before any game. You need to be at your own home alone. (Any exceptions will be negotiated with the coaching staff on a per game basis.)
7. Hair any longer than collar length as well as long shaggy hair on top is not acceptable. Also, no facial hair will be allowed.
8. Headbands will not be allowed.
9. There will be no body piercing of any kind allowed.
10. The coaching staff will be monitoring your grades. We will support and enforce the school districts grade policy. You are a student first and athlete second.
11. You will sit together as a team before all games, home and away, with no girls by you.
12. The coaching staff reserves the right to search your personal belongings carried on the bus for any products or substances not permitted by the Soda Springs Athletic Code.

All rules of this contract and discipline have been reviewed and will be enforced by the coaching staff according to the severity of the penalty!

Players Signature

Coach's Signature

Parents Signature

Date accepted and agreed

Boys basketball 1 of 1

Baseball Expectations and Consequences

1) Honor Yourself

- On time.
- Responsible for your actions. Owning Consequences.
- Compete 100%

2) Honor Your Team

- 3 Types Principle
- Set-up/ Clean-up
- Stand up for what is right, but know we need all of you

3) Honor the Game

- Hustle @ all times - On/off field; Right/Left down; to 1st base
- Take care of equipment - No throwing bats or helmets they could cost the team (ejections and \$\$).
- Don't "show up" Umpires

- All Players need to pay your fee \$100 + \$30 for shirts and hat.
- All Players are required to be there for Hi-way Cleanup.

Signs- Acknowledge with # of outs w/twist – (ask if questions)

1- Fake Bunt

2- Bunt

3- Steal

4- Hit and Run

"Green Light" – kicking grass while making eye contact

Goals for Soda Springs Baseball

1. Players compete for every at bat, pitch, and inning.
2. Players are responsible for their own actions without excuses.
3. Players give everything that they have and entrust results will come.
4. rCoaches and Players mutually respect and work with each other and for each other (who cares who gets credit).
5. Coaches encourage players to be lifelong athletes.
6. Coaches use baseball opportunities to teach the boys to be honorable young men.
 - Hard work
 - Responsibility for ones action
 - Honesty
 - Promptness
 - Respect
 - Difference between courage and pride

Game goals

1. Compete during every inning. GRITT Greatness is Revealed In Tough Times.
2. Three walks or less during a game. (pitchers stay aggressive who cares if we get hit occasionally there is no defense for a walk)
3. Run the bases aggressively. (advancing on balls in the dirt, reading pitchers, etc.)
4. Know the game situation before every at bat and pitch.
5. Love to hit. Don't over think things just see ball and be aggressive.
6. Take responsibility for mistakes, which is ok if you give all that you are (coaches and players alike).

Practice goals

1. Make practices competitive and fun.
2. Give pitchers opportunities to throw often.
3. Practice running the bases everyday. (stealing, reading pitchers, balls on the dirt)
4. Situational baseball in classroom twice a week. (10 minutes)
5. Teach aggressiveness ahead in counts.

Cardette Rules

Rules throughout the year if not followed there will be consequences, which could result in being benched.

- Need to wear the required uniform to school, practices and performances.
- Good Attitude, no disrespect to coaches or team members.
- Stand in the Cardette block at games to show team unity, school spirit, and a good example to the event.
- Need to perform full out when expected or asked to do so in practice.
- If you have any issues concerning "our team" please come to me

The Cardette Drill Team is an exemplary group at Soda Springs High School and looked up to by the students and community. Members are expected to be outstanding examples of academics, attendance and behavior, both in school, performances and in the community.

Grades

If a student fails to pass the required number of classes at the midterm of a trimester she will be ineligible to participate in an athletic event until the failing classes are raised to passing status.

Calendared Activities

Members will be responsible to attend all calendared activities. If there is a serious conflict that was scheduled prior, the member must speak with the advisor at least two weeks prior to the event.

Absences

Excused:

- if an event was on members calendar before the cardette calendar came out.
- Funeral.
- Really ill. Too ill to go to school or get out of bed.
- Doctors note.

Unexcused:

examples: If member doesn't tell me two weeks in advance or if member is sick and does not call me that morning.

Members only have 3 sick excused absences before they are counted as unexcused.

During competition season everyone has to attend if member is sick she still has to come and at least watch.

Membership includes attending all practices/performances and abiding by all school rules while present.

Extra practices may be held outside of the regularly scheduled practice time.

Missing a practice due to an unexcused absence during the week of a performance will result in the loss of dancing privileges for that performance.

After three unexcused absences member will result the loss of the next performance.

If members miss two performances due to unexcused absences membership will be taken away and the athlete will be dismissed from the team.

Member is only allowed six total unexcused absences.

Fees and Costumes

Students must pay all fees by the dates set.

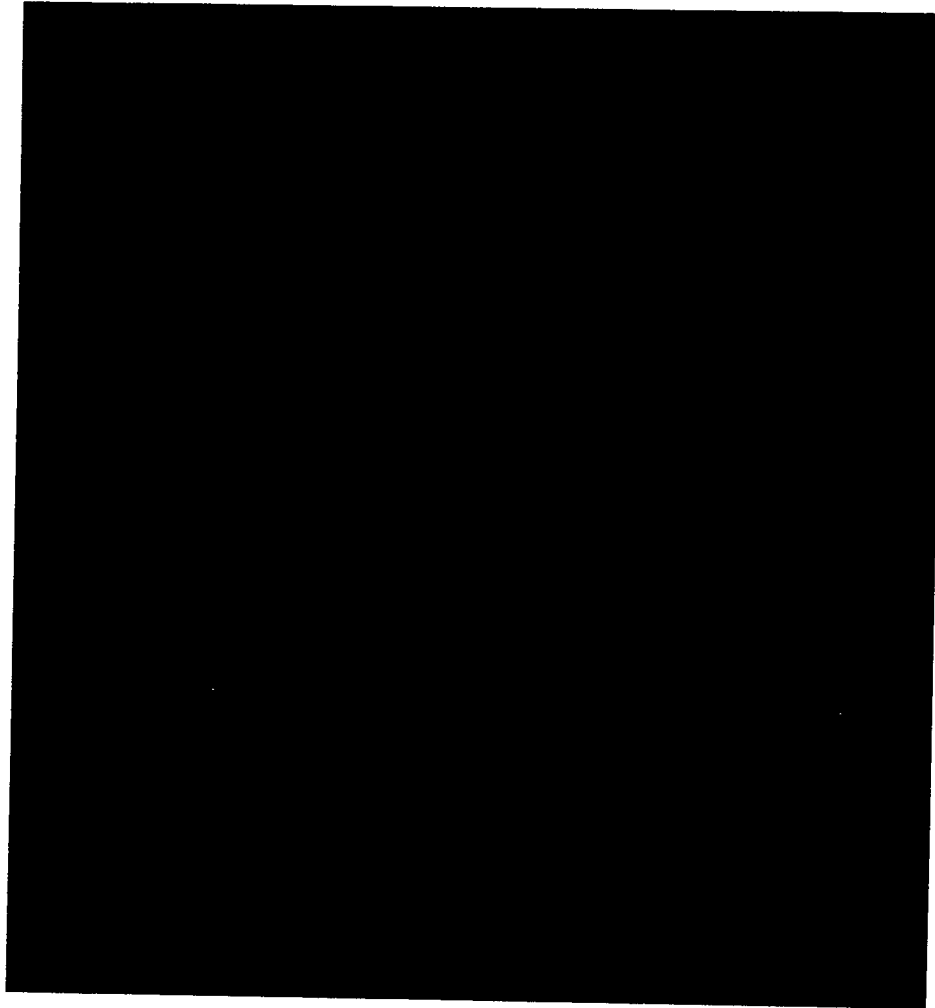
The failure to pay or make arrangements by the specified date will result in the loss of performance privileges until the bill is paid.

Uniforms will be sent home with the student and put under her care. She will be responsible for the upkeep of these uniforms and will pay to replace any if damaged or lost.

All summer and school clothes are considered a uniform and should not be worn except at Cardette functions until the school year is complete.

Soda Springs High School

Cross Country



Team

Handbook

Building a Tradition of Success One Mile at
a Time!!!

PURPOSE: Cross Country is one of the rare sports where everyone gets to participate, in Cross Country, there are no bench warmers, there are no referees, and EVERYONE gets the chance to toe the line each week and improve on previous performances. Through running, you will not only learn about yourself, you will learn life lessons that you can apply later in life. Running is a lifetime activity and can continue after your high school career. I have had former runners comment on their participation in our program and how thankful they were that they participated in cross country because they had something to do after high school. Running is also an activity where, for the most part, you get out of it what you put into it. Your success or lack of it will come about only through effort on your part, but remember, you don't have to win to have success. Your success can be obtained through hard work, improving your physical well being, developing a healthy and competitive attitude, meeting new friends, and getting to know yourself a little better. With a positive attitude, your participation as a Cardinal Cross Country Runner can be an extremely rewarding experience. Set some goals, not easily obtainable goals, but goals that will challenge you and make you work to reach them, run some miles over the summer, and be committed to making yourself a better runner.

WORTHWHILE THINGS IN LIFE COME WITH EFFORT!!!

You must have the **DESIRE** to be the best you can be! How hard are you willing to work? WHEN YOU GIVE YOUR BEST EFFORT DURING WORKOUTS AND MEETS, YOU NOT ONLY HELP YOUR OWN PERFORMANCE, BUT THE TEAM'S PERFORMANCE AS WELL!!!

You must have the **SELF-DISCIPLINE** to be consistent with what you are doing and sticking to a routine. Successful people don't just find the time they need, they take the time they need.

You must maintain your INTEREST, the nature of athletics is repetitive, make something interesting out of your daily workouts and drills. Zen teaches that there is no such thing as a boring activity, only boring people.

You must have PATIENCE, don't be led into believing that anything or anyone is an instant success. Our program builds one day upon the next culminating in the District and State Meets. There ARE NO short cuts to success and skipping steps can lead to injury and disappointment in the long run.

You must have PERSPECTIVE, one competition or season is not the end of the world. You aren't a better person for winning, nor are you a worse person for finishing in 150th. Your greatest accomplishments will be in the efforts you make not in the rewards you receive. Do the very best YOU can do, control what you can control and don't worry about the things you can't, it is wasted time and effort.

ATTENDANCE/DAILY PRACTICES: We will practice everyday of the week...including Friday...Friday practice times will usually be in the morning, but there might be a few instances when we will practice in the afternoon, I will inform you early enough so that you can make any changes necessary in your schedule. We will also practice regardless of the weather. If there is a circumstance where the weather prohibits us from practicing that day, we will find another place to practice...probably inside the high school. In my ten plus years of coaching, we have never missed a practice because of weather. As the season progresses, it would be a good idea to bring some warmer clothes: long sleeved t-shirt, gloves, hat, warm-ups, etc.

Practices are mandatory and not optional. Our practices usually run about 2 hours and sometimes less than that. If you are working, and still want to participate in cross country, it is YOUR responsibility to inform your boss of your team commitment and try and work out something with him/her. Missing practice for work will only be allowed in rare circumstances.

Practice will start @ 4:15 pm. We are runners and don't have to put on a lot of equipment so it should be easy to get ready in 15 minutes. Jogging a warm-up lap and then doing some speed drills and stretching will usually start a typical practice. While you are stretching, coaches will make announcements and talk about upcoming events, etc. Please pay attention to these announcements. Following announcements and stretching, we will do the daily workout...this might include long/medium/short distance, speed work, or dynamic running drills; it is also a good idea to conclude each practice with some light jogging, strides, and stretching. In addition to these post run activities, it might also be a good idea to take an ice bath at home or with the ice baths we have at the school to facilitate recovery, especially after a hard day.

If there is some reason that you can't be to practice, YOU must make contact with one of the coaches. DO NOT have a teammate notify the coach of your absence, this does not count as making contact with one of us. I am at the High School, the school has a phone, and so do all our coaches, if you can't contact one of us, the absence will be unexcused.

Practice Guidelines:

- * 1 unexcused absence = missing the meet that week, you will still be expected to make all the practices for the week.
- * 2nd unexcused absence = dismissal from the team.
- * We expect you to be at practice. Practice is essential to your improvement as a runner and our success as a team.

EARNING A VARSITY LETTER: It is hard to earn a letter in cross country. Letters are earned and not given. To earn a letter, you must qualify for the State Meet. This includes the alternate...8th place runner. You can also earn a letter for your commitment to the program. If you have participated for at least three consecutive years, you can earn a letter your senior year. The coaching staff might also award letters in special situations, but this will be very rare.

ATTITUDE: Each member on the team is expected to conduct themselves in a manner that represents him/herself, your parents, SSHS, and the SSHS Cross Country Team in a positive light. Unsportsmanlike behavior, lack of cooperation, disrespecting your opponents or teammates or coaches will not be tolerated. We are a TEAM and we will encourage and support each other in every aspect of our sport. Failure to follow these guidelines might warrant a warning, but an athlete can be dismissed from the team for having an attitude that is detrimental to the success of our program. This includes, but is not limited to, walking in practice, holding a teammate back to keep you company, not running the assigned run, leaving practice early, skipping strides, being chronically late for practice, etc, etc. Strive to develop an attitude that is competitive but not hostile, and one that is both confident and optimistic.

Running can be a monotonous and sometimes tedious task, but if you want to get better, you need to put something into it...as mentioned earlier, running is a sport where you get out of it what you put into it. Work hard and have fun, know at the end of the day that you did your very best and if you did, then that is all we can ask for.

EQUIPMENT: Each runner will need to have a pair of running shoes; some may want another pair specifically for racing, called racing flats. It is extremely important to have RUNNING shoes, not cross trainers, basketball shoes, or skate/casual shoes. This is probably the most important item to have, without proper shoes; runners are prone to injuries that could slow improvement and their progression. Coach Horsley has several magazines that have affordable running shoes for a variety of running styles. Because of this investment, running shoe life can be extended by using your running shoes just for running. You will also need running clothes: shorts, t-shirt, warm-ups, socks, etc. Every runner will be issued a team SINGLET and SHORTS to race in, these are for races only. Please take care of these items and keep track of them.

WHAT DO I DO AT A MEET???

MEETS: The first and most important thing to do at a meet is to BE READY TO RUN!!! We usually arrive early enough for you to learn the course. Take mental notes of places that you might make a surge, a hill you might attack, etc. Make sure you are properly warmed up before your race. Start warming up 30-45 minutes before your race. Follow the same routine you use in practice. 2-3 minutes of jogging and sitting around socializing is not enough to get ready to race...if you want to run your best you need to give your body a proper warm up. Leave your Frisbees, footballs, hackysacks, etc. at home, we are there to race and this just detracts from our focus. You are also

expected to stay until the last race is completed and cheer on your teammates...we are all in this together and one person is not more important than the team...only in very rare circumstances will a runner be allowed to leave the meet early!

INJURIES: There is no way around it...RUNNING IS HARD!!! As a result of this you will experience muscle soreness. You need to pay attention to your body as chronic muscle soreness can lead to an injury. By catching an injury early, we can prevent it from developing into a long term problem that keeps you out of the season for an extended period of time. You know your body best and if something is not right, let one of us know and we might suggest going to one of the local chiropractors, doctors, or trainers.

SAFETY: As with any sport there are risks that come with running cross country. Most of these risks can be avoided with a little common sense, but here are a few things to consider when you venture out on the roads and trails of Caribou County...

1. Try to run with a partner. If it is not possible to run with someone, make sure you tell someone where you are going and when you expect to be back. You don't need to be scared to run, but be smart.
2. I know that it is sometimes more enjoyable to listen to tunes while you run, but try and avoid running with your ipod, mp3 player, etc. It is hard to hear approaching vehicles, other pedestrians, or dogs.
3. Run toward traffic...so you can see the face of the person who is running you over.
4. During the "hot" part of the summer plan to run in the morning or evening when it is cool. Make sure you are getting plenty of fluids in you during the day...water or Gatorade work great to replenish lost fluids. It is also a good idea to try and run some when we would be racing. With the exception of a few morning

start times, our race times typically range from 3:30 – 4:30 pm. If you are going on a long run place water out so you can get a drink during your run, or have one of your parents meet you at a predetermined location so you can get a drink.

5. If you are heckled by motorists or other pedestrians while you are running, let someone know (parents, coaches, and police). Get any information that might be beneficial for police officers including license plate number, location, vehicle/passenger descriptions, etc. You don't have to put up with these no-accounts.
6. Know your routes, if an encounter with a pesky dog can be avoided, try and do so. If you are approached by a dog with a wagging tail it usually means no harm, simply tell the dog to go home. If a dog is aggressive with you yell at the dog NO and try and get the attention of someone nearby. If you are ever bitten by a dog, call the police immediately. You have every right to be running on the streets and roads of Soda Springs and Caribou County.
7. Try and avoid running after dark, if you are running in the dark wear reflective clothing.
8. I know some of you will be going on family vacations during the summer, don't let that interfere with your summer training. Plan ahead or get up early to get your run in, even if it is short and fast. A short and fast run is better than no run at all.
9. Fill out your running logs after every run. Be sure to keep accurate records of where and how far you run. Buy yourself a cheap watch and time your runs so you can keep track of time as well. Don't cheat on your miles and try to be as close as possible. We will discuss rewards and mileage goals later in the handout.
10. Be Safe, and HAVE FUN!!!! Make some memories that will last a lifetime.

PAPERWORK: Every year, we are required to complete paperwork for the office. Here is a list of the paperwork that we will need for next year. It would help us out greatly if you could help your student athlete have this completed by the first day of practice.

1. Freshmen and Juniors or New Runners: These athletes need a physical.
2. Sophomores and Seniors: These athletes need to fill out the Interim Questionnaire.
3. All runners and parents need to read and sign the Athletic Code of Behavior. This only needs to be done once in your four years of participation.
4. All runners need to have an Insurance Release Form signed.
5. All runners also need to have a Drug Testing Consent Form signed...this only needs to be done once as well.

TRAVEL: Each runner will travel to the meet in a School District 150 Yellow School Bus. Only in rare circumstances, with approval from the principal, will a student athlete be allowed to meet the team at the meet location. Student athletes will be allowed to ride home with THEIR parents ONLY, and only after the last race and runner is done. If awards are given, then you can leave at the conclusion of the awards presentation...if we have one runner receiving an award, we ALL share in that success and we will ALL be there to support our teammate. Your parents will need to sign you out...thank you for following these guidelines.

SCHEDULE: I'm going to give the following disclaimer about the schedule...our schedule is subject to change. I try to have the schedule set as soon as I can, but there are changes that occur during the season that impacts what meets we go to. Updates and changes can be found on www.athletic.net this is a great website to also track your runner and see their progression from meet to meet and

www.idahoxc.com is also a great resource for meet results and calendar for the current year.

Also, this “handbook” is not inclusive of all the information and situations that we may encounter during the season. For the most part procedures will follow the guidelines listed in the document, but we will allow for some degree of flexibility based on the situation. It is very rare that we have a situation that cannot be answered in the pages of the handbook.

Finally, we, as coaches hope that this parent meeting and team handbook answer any of the questions that you might have about our program. If you have any further questions, please feel free to call us at any time...well maybe not after 10:00 pm or before 8:00 am, but any time between.

Thank you,
Coach Jeff Horsley
Coach Linda Siepert
Coach Sue Clark
Coach Bill Horsley

Soda Springs Volleyball

Head Coach: Rebecca Sweers *Soda Springs High School
Soda Springs, ID 83276 *Phone: 547-4308, 221-3119, 208-427-6236

*300 East 100 North,
*email: bdsweers@hotmail.com

Academics – students must meet the requirements defined for athletic eligibility in the student handbook. Our philosophy is that the members of the team are students first and athletes second! Players are expected to keep up on their school work and **never** use Volleyball as an excuse for substandard work. If a player has an F in a class they may be required to attend study session one hour per week, may be excused from the team and/or will miss games/practices until that F is brought up to a passing grade.

Practices – Practice attendance is **mandatory**. If a player cannot be at practice because of illness, family emergency etc., she is expected to get in touch with her coach **before** practice. If a player misses practice, due to an unexcused absence, they can expect to miss the equivalent of the next game.

Uniforms – Uniforms are very expensive and difficult to replace. Replacement costs are in excess to \$175.00 each uniform. The uniforms are checked out for each player's care for the entire season. Please supervise proper care and washing of uniforms. Wash uniforms separately and in cold water. **NO HOT WASHES.**

Bus Policy – Players are **expected** to ride to and from games on the team bus.

Training Rules – You will be asked to review Soda Springs High School Athletic Code. We take this very seriously and ask for your cooperation in enforcing it.

Playing Time & Player Roles – Each player has a different role on the team, and that role may vary from game to game throughout the season. Playing time is earned in practice-it is not something that is taken lightly or handed out arbitrarily or on the basis of personality. It has nothing to do with the liking or not liking a player as a person. Everyone will be treated as an equally important member of this team. Upper classmen do not automatically get playing time. As coaches, we realize that not all players can play equally. We will attempt to be as fair as possible with playing time. If a player has a question or comment about her playing time, she should feel free to discuss it with a coach. However, the coaches **will not** discuss playing time with the parents. Parents and/or players should not talk to coaches on game day about a complaint.

If there is a problem the following procedure must be followed:

1. Player talk to coach
2. Parent talk to coach
3. Parent & player talk to Head Coach
4. Parent, player, Head Coach talk to Athletic Director
(the chain of command will and must be followed)

*Remember, it is a privilege, not a right to be a member of the Soda Springs High School Volleyball Team.

Sportsmanship – Some general sportsmanship rules are covered in the athletic code. However, Volleyball players at Soda Springs High School are expected to go above and beyond the rules covered in the code. All volleyball players are expected to be on their best behavior in the classroom, on the practice floor, at away games and at any other times when representing the Soda Springs High School Volleyball Team. Behavior expectations are extremely high, and anyone violating these expectations will be penalized. The following behaviors the **WILL NOT** be tolerated:

- Disrespect of teammates, coaches, opponents and officials
- Disrespect of faculty members and classmates
- Excessive tardies or disruptive behavior that results in detention

If any of the above actions occur, a meeting with the coach will take place, at which time a penalty will be assessed. Obvious penalties could be: decreased playing time, suspension from the activity or dismissal from the team.

“When the hour of action arises the hour of preparation has passed”

Volleyball 1 of 2

I/we have read the Soda Springs High School Volleyball rules and expectations. I/we will honor these rules and expectations as a player and as a parent.

Parent(s) Signature: _____

Players Signature: _____

Parent(s) Contact Information:

Names: _____

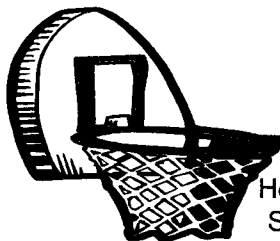
Address: _____

Phone Numbers: Home _____ Cell _____

Players Information:

Name: _____

Phone Numbers: Home _____ Cell _____



Soda Springs Basketball

Head Coach: Wade Schvaneveldt *Soda Springs High School * 300 East 100 North *
Soda Springs, Idaho 83276 *Phone: 208-547-4308 * e-mail: wade@sodaschools.org

Academics - students must meet the requirements defined for athletic eligibility in the student handbook. Our philosophy is that members of the team are students first and athletes second! Players are expected to keep up on their school work and **Never** use Basketball as an excuse for substandard work. If a player is ineligible at the end of the 1st Trimester, they will be dismissed from the team. If a player has an F in a class they may be required to attend study session one hour per week.

Practices - Because of limited gym time availability, practice times may vary. Each player is given a calendar of practice times. Times are approximate and subject to change. Practice attendance is mandatory. If a player cannot be at practice because of illness, family emergency, etc., she is expected to get in touch with the her coach BEFORE practice. If a player misses practice, due to an unexcused absence, they can expect to miss the equivalent of the next game.

Uniforms - Uniforms are very expensive and difficult to replace. Replacement costs are in excess to \$175 each uniform. The uniforms are checked out for each player's care for the entire season. Please supervise proper care and washing of uniforms. Wash uniforms separately and in cold water.
NO HOT WASHES.

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Playing Time & Player Roles - Each player has a different role on the team, and that role may vary from game to game throughout the season. Playing time is earned in practice- it is not something that is taken lightly or handed out arbitrarily or on the basis of personality. It has nothing to do with liking or not liking a player as a person. Everyone will be treated as an equally important member of this team. Upper classmen do not automatically get playing time. As coaches, we realize that not all players can play equally. We will attempt to be as fair as possible with playing time. If a player has a question or comment about her playing time, she should feel free to discuss it with a coach. However, the coaches will not discuss playing time with the parents. Parents and/or players should not talk to coaches on game day about a complaint.

If there is a problem the following procedure must be followed:

1. Player talk to coach.

* Remember, it is a privilege, not a right to be a member of the Soda Springs High Basketball Team.

Sportsmanship - Some general sportsmanship rules are covered in the athletic code. However, Basketball players at Soda Springs High School are expected to go above and beyond the rules covered in the code. All basketball players are expected to be on their best behavior in the classroom, on the practice floor, at away games and at any other times when representing Soda Springs High School Basketball Team. Behavior expectations are extremely high, and anyone violating these expectations will be penalized. The following are behaviors that **WILL NOT** be tolerated:

- Disrespect of teammates, coaches, opponents and officials
- Disrespect of faculty members and classmates
- Excessive tardies or disruptive behavior that results in detention

If any of the above actions occur, a meeting with the coach will take place, at which time a penalty will be assessed. Obvious penalties could be: decreased playing time, suspension from the activity or dismissal from the team.

"When the hour of action arises the hour of preparation has passed"

Girls basketball 1 of 1



INDIVIDUALLY WE BATTLE,
TOGETHER WE CONQUER



Lady Cardinal Basketball
2012-2013

Girls basketball 1 of 6

THINGS TO THINK ABOUT

- ♦ Persistence is more important than talent.
- ♦ There is a reason that the word STUDENT comes first in student/athletes
- ♦ Respect the game as much as you want to be respected
- ♦ Tuck in your shirt
- ♦ Practice hard because you play the way you practice
- ♦ It doesn't take any talent to hustle
- ♦ Be a student. Learn the game
- ♦ Help your team win whether you play or not
- ♦ Never argue with an official
- ♦ Agree to let your coaches train you
- ♦ Maintain the grades that keep you eligible
- ♦ Don't tell people what you are worth, prove it to them
- ♦ Your boyfriend is not more important than your team
- ♦ Your parents love you, but they don't know more than your coach about your basketball team
- ♦ Don't let anyone make an excuse for you
- ♦ It is your coach's opinion of you that counts. He/She makes out the lineup. Fail to understand this point and you will soon be out of the game
- ♦ Life is not fair. Regardless of what some people want you to think
- ♦ Be passionate about your teammates
- ♦ Love the game
- ♦ The only thing that coaches owe you is HONESTY
- ♦ Body language screams. It never whispers
- ♦ Balance makes champions. If you focus on offense and ignore the defensive part of your game you will never be a complete player
- ♦ Be as diligent on defense as you are on offense
- ♦ Defense wins more games than offense
- ♦ Defense sets the tone
- ♦ Games are lost not won. Mistakes lead to losses
- ♦ Work on your game every day of the year. The guy who beat you out for the starting job did and the team that always beats you did.
- ♦ Show off your talent to your current coach and your future coach by doing the following: (ALL THE TIME)
 - * When you jog to warm up finish first.
 - * When you stretch do it best.
 - * When you are doing a drill, do it perfect, every time.
 - * Go hard all the time. Never walk on the gym floor.
 - * Know the situation on defense and do the right thing.
- ♦ Character means doing the right thing when nobody's watching

**THE HARDER YOU WORK,
THE HARDER IT IS TO SURRENDER**

Congratulations on becoming a member of the girl's basketball program at Soda Springs High School. Along with this honor, though, come many responsibilities. This is a reminder of some of them!

GENERAL EXPECTATIONS:

Adequate rest is essential. You should get between 8-10 hours of sleep per night.

Remember when we are at games, both home and away, that you are representing SSHS. The only image some people may get of our school is how they see you dress, talk, and act. Please behave accordingly. You are required to dress up for away games -NO LEVIS WITH HOLES-. Wear dresses or dress pants and shirt.

Freshmen and J.V. team members are to wear nice clothes after their games.

You are a student first and a basketball player second. Keep up with your classes. It only gets harder as the season goes along. Do not use basketball as an excuse to fall behind in your school work.

You are expected to ride the team bus to and from games.

An important element of all team sports is unity. All players will be expected to support the other SSHS teams (Freshmen, J.V. and Varsity). Each team will be expected to sit as a team during the other games.

If you have a problem with a coach or a teammate - go to the person you are having the problem with. Do not go gripe to someone else about it. This will only causes more problems. If you really feel that you can't talk to the person directly, come to either a coach or a captain for help.

We ask that players do not wear attire (headbands, bright colored socks, tatoos, colored hair) that bring special attention toward that player.

PRACTICE EXPECTATIONS

Practice does not make perfect- practice of perfection does! Fundamentals are the key to a successful season, take them serious.

You play like you practice, therefore you are expected to give 100% effort all of the time - in practice as well as games. If we do not push each other in practice, we will not be ready for the pressure of a game.

If you have had a bad day, leave it outside the gym. Being moody only brings the others around you down too. Avoid negative body language.

Don't criticize another player - that is the coaches' job.

Be on time - bring your reversible - let us know in advance if you are going to be late or miss practice.

If you miss practice you can expect to miss the next game.

GAME EXPECTATIONS:

All we can ask of you as players is to play hard, play smart, and play together. If we can do this, everything else will fall into place.

Go as hard as you can for as long as you can - let us know if you need to come out.

Don't waste time worrying about winning or losing - worry about being the best you can be, and giving it your best effort every time out on the floor.

You will make mistakes - it's how you react to those mistakes that show what type of player you really are. Be aware of your body language and how it affects you and your teammates

Never underestimate your opponents - play the same way all the time, regardless of the score.

Officials are human - **coaches** will talk to the officials if it is necessary, **not you!!** Control your emotions, nothing is more worthless than a player who has lost their cool. Concentrate your effort on playing the game.

Play hard but fair; be confident, not cocky.

If you don't know how to act when you lose, you don't deserve to win - **no excuses** will be tolerated.

Playing time is earned in practice, it is not something that is given to you. Everyone will be treated as an equally important member of this team. Upper classmen do not automatically get playing time.

Know your role - not everyone will play the same amount of minutes, but everyone is an equally important member of this team.

If you are worried about fans, friends, or parents during a game, you will be asked to join them for the remainder of the season. In order to be successful, the teams and coaches must be working together and in the same mind set. Getting tips and advice from others works to disrupt the team unity.

ATTITUDE:

Your attitude and how you act and treat others, the respect that you show yourself, your teammates, your coaches, and your opponents, is more important than any game you will ever play.

Enjoy the game !! Remember why you are playing. If the stands were empty every game would you still play? Ignore fans, sideline coaches, and newspaper articles. Don't pay attention to the crowd - concentrate on the game.

Desire comes from within - not from a coach. Either you want to win or you don't. Don't talk about it - just do it!

Above all else - be positive. If you think you can or think you can't, you're right.

Remember there is no easy way to be the best - if there were, everyone would be. We have a chance to be the best this year - make the most of the opportunity.

Soda Springs Lady Cardinals Basketball Trademarks

1. TEAM ATTITUDE (WE BEFORE ME)

- * Love for each other * Unselfish * Trustworthy * Huddles on the floor * Clean locker-room
- * Help teammates up * Sprint off floor * Disciplined * Know Roles * Tuck in your Shirt
- * Recognize a Good Pass

2. SERVANTHOOD / STEWARDSHIP

- * Courteous * Polite * Go to class on time * Sportsmanship
- * Respect for the game / Opponents * Doing the next right thing right

3. TOUGHNESS (NEVER OUT HUSTLED, NEVER OUT THOUGHT)

4. FUNDAMENTALS

Defense

Transition and Talk
Stance
Vision
Position
Ball Pressure
Close Outs
High Hands
Shot Pressure
Box Outs

Offense

Value Ball
Triple Threat
Cut and Spacing
Drive and Spacing
Follow Through
Rebounding
Make Extra Pass
Shot Selection

5. STUDENTS / TEACHERS OF THE GAME

- * Playbook * Camp * Active and Teaching Bench

6. COMMUNICATION

- * System of Talk * Echo Yells * Posts Demand the Ball

7. CONSTANT IMPROVEMENT

- * Sense of Urgency * Warm-ups * Buying-in * Attention to Detail

The Definite Dozen of Lady Cardinals Basketball

TO PLAY HERE:

1. BE COMMITTED TO YOUR ACADEMICS – Go to class every day. Be on time. Sit up front. Take good notes. Do all extra work possible. Plan ahead and talk to teachers when we travel or you are having a problem. Get tutors when you need them.
2. BE COMMITTED TO HAVING CLASS – Treat teachers, support staff, food service workers, managers, and all you meet with respect. Treat other people the way you want to be treated. Moody people are rude. Everyone takes notes, everyone picks up trash and everyone is courteous. Say please, thank you, yes sir, and yes ma'am. Give people the benefit of the doubt and always remember to smile.
3. BE COMMITTED TO DOING THE RIGHT THING – We have plenty of school rules...know them. Realize if you just try to do the right thing you will be OK. Try to do the next right thing right and you are as close to perfect as any person can be.
4. BE COMMITTED TO THE PROGRAM – We realize that our players are in a fish bowl at SSHS. Every word and action will be watched. Our program's reputation provides many opportunities yet brings many responsibilities. We must be committed to build on to the tradition of our program and respect those that have gone before us and paid the price to build the program.
5. BE COMMITTED TO HARD WORK – Our program is built on the concept that hard work pays off. We believe that we work harder than anyone else...and because of that we always deserve to win. There is a reason we are the best we can be...we work at it. Our best player must be our hardest worker. Be our hardest worker.
6. BE COMMITTED TO BECOMING A SMART PLAYER – We all must be ready to learn. We believe we work smarter than anyone else...We must develop players who understand the game. We all must be good listeners and learn by watching. We must make good decisions, we must play with poise. We prepare mentally for practice and games.
7. BE COMMITTED TO OUR TEAM ATTITUDE CONCEPT – We must all believe in our team concept. Our program is built on the concept that the team/program is bigger than any one player or coach...We need unselfish players and coaches.
8. COMMIT YOURSELF TO A WINNING ATTITUDE – Our players must be committed to winning but understand we don't measure our success by winning alone. Each time we play we evaluate ourselves on reaching our potential. The test for our team is to play against the game not just our opponent. We never quit. We always are looking for ways to win.

TO WIN HERE:

1. BELIEVE IN OUR SYSTEM OF PLAY – Commit yourself to our philosophy, to our system of play. Be a sponge and soak up the concepts of how we play. Learn your role...then accept your role and do it the best you can.
2. BELIEVE IN YOURSELF – Play with confidence...think positive. Don't get down when you play poorly...realize you were chosen to be here...be a leader... remember that your heart controls what your tongue says. Lead by example.
3. BELIEVE IN YOUR TEAMMATES – Communicate with each other...help each other. Remember the strength of the pack is the wolf and the strength of the wolf is the pack. Encourage each other and support each other. Don't ever forget the importance of the shell around the team. Be a friend. We are all different – be tolerant of teammates and others.
4. BELIEVE IN YOUR COACHES – Understand that your coaches are trying to help make you better people and players. Ask questions...don't whine, complain or make excuses. Learn to take tough coaching. You must believe that the coaches are doing what they think is right for the team and you.