



**MVRHS Women's Soccer
Player & Parent Handbook
Fall 2022**

I. Introduction:

Welcome to the women's soccer program at Martha's Vineyard Regional High School. This handbook was written to supplement both the MIAA Rules & Regulations as well as the most current MVRHS Athletics Handbook. It is important that you and your student-athlete are familiar with all three (3) of these documents during the Fall 2022 season.

* *The MVRHS Athletics Handbook can be found by clicking [here](#) or at www.mvrhs.org under the Athletics tab.*

* *The MIAA Rules & Regulations can be found [here](#) or at www.miaa.net/miaa-handbook/*

By signing the contract at the conclusion of this handbook, you acknowledge that **BOTH** you and your student athlete have read, understood, and accepted the policies and procedures associated with this program and its governing organizations. This signed contract will serve as a binding agreement between the parent, student-athlete, coaching staff, and MVRHS administration. These policies and procedures are in place to help shape our student-athletes into high-achieving, productive members of their school and island community. We expect all parties to uphold our standard of excellence.

II. Key Contact Information:

Matt Malowski - Head Varsity Coach, Women's Varsity Soccer
Phone: 508-274-0320 / Email: mmalowski@mvyps.org

Cana Courtney - Assistant Varsity Coach, Women's Varsity Soccer
Phone: 774-563-9420 / Email: ccourtney@mvyps.org

Patti Roads - JV Head Coach, Girls JV Soccer
Phone: 413-281-8080 / Email: pattiroads@gmail.com

Jillian Hausman - Assistant JV Coach, Girls JV Soccer
Phone: 201-207-0064 / Email: jillianhausman77@gmail.com

Tania Laslovich - MVRHS Athletic Trainer
Phone: 508-627-2839 / Fax: 508-696-6042 / Email: tlaslovich@mvyps.org

Mark McCarthy - MVRHS Athletic Director
Phone: 508-693-1033 ext.123 / Email: markmccarthy@mvyps.org

III. Mission & Core Values

Our Mission:

The mission of The MVRHS Women's Soccer Program is to provide a supportive and competitive soccer culture with an emphasis on personal achievement in the classroom and team achievement on the pitch. Junior Varsity will focus on player technical and tactical development, whereas varsity will focus on advanced player development, positive competition, and program success within the Cape & Islands League and the MIAA.

Our Core Values:

Family The entire soccer program (men's & women's) is a family. We treat each and every person in our family with respect and dignity at all times. Play for the person beside you, those that played before you, and those who are no longer with us. We are all united as one.

Pride You only get back what you give to the program. We value pride in ourselves, our family, our school and our community . . . in that order.

Community We are more than just ourselves. We are part of a community that supports and nurtures us. We play for ourselves AND for our community.

STUDENT Athlete You are a STUDENT FIRST and a soccer player second. Your first priority is your coursework and you must maintain at least a 70% average in all your registered classes in order to be eligible for match play.

IV. Policies & Procedures: ****Please Read Carefully.****

Family ID Registration

Every student-athlete is required to fill out the online registration at Family ID:

<http://www.familyid.com/marthas-vineyard-regional-high-school>

*****This must be completed prior to the first day of tryouts.*****

Valid Physical

Every student-athlete must have a valid (not expired) physical on record with the MVRHS Athletic Department. This means that your family doctor/general practitioner must provide a physical evaluation and this evaluation should not lapse during the Fall 2018 season. Notifications will be sent to the coaching staff throughout the season. Do not let this expire. Student-athletes with expired physicals cannot train or participate in match play.

Concussion Baseline Testing

Every student-athlete needs to meet with Tania Laslovich the Athletic Trainer to complete concussion baseline testing (impACT). These records and expirations will then be maintained by the MVRHS Athletic Training Department. Notifications will be sent to the coaching staff throughout the season.

"Open Door" Communication Policy

MVRHS, the Athletics Department, and the soccer program all support an "open door" policy of communication. No player, coach, or parent should feel hesitant to voice any concerns and/or issues to the athletics staff or administration. Your comments and opinions will not be

held against you and/or your player's standing within the organization. Open and constructive communication is encouraged! Please DO NOT approach a coach during a training session or match. Wait until all instruction has ended or send an email to set up an appointment to speak in person.

Try-Out Process

All potential student-athletes should be in good academic standing, registered in Family ID, and have a valid physical and concussion baseline test to participate in the tryout process. Try-outs will last approximately two (2) days and player evaluations will be made by the coaching staff during that time. Players showing advanced skills will be rostered to the varsity squad and players showing the need for development will be rostered to junior varsity squad. The coaching staff will determine the desired roster numbers for both squads. After evaluations are complete coaching staff will address players via email notifying them of the roster selection.

Team Captains

Coaching staff will select team captains based upon a set of criteria influenced heavily by the program's core values and mission. A co-captain from each class may also be selected. Coaching staff will follow a similar selection procedure with a more central focus on developing future team leaders.

Attendance & Academics

The MVRHS attendance policy will be in effect for all student-athletes. Daily absentee reports will be sent to the coaching staff. Training attendance will be taken by coaches daily. As an overarching MVRHS soccer program rule, if a player has three (3) unexcused absences from training they will have to attend a meeting with the coach and her guardian. More detailed information regarding the school attendance policy is available in the MVRHS Athletics Handbook. See examples here:

- Students must be signed into school before 8:00 AM.
- Students must be present and not on the absent/tardy/dismissal list.
- Students must not be suspended out-of-school (OSS) or in-school (ISS).
- Students must serve detention for that day but may participate after detention is served if practice is still in progress.

****Remember that you are a student first and an athlete second**.** This is one of our core values. That said, the following are the academic requirements for participation in the soccer program:

- Students must be in "good standing" according to the MVRHS Code of Conduct & Athletic Handbook
- Students must be issued a grade for each class on their schedule (no incomplete grades).
- Students must have passed the equivalent of four major courses.
- Students must have an overall average of 70% or greater for their combined course average
- In fairness to all participants, academic eligibility is determined before the first scheduled game, match or contest. If a student becomes academically ineligible during the season, they will not be allowed to participate. Any exception to this rule has to be approved by the Principal, Head Coach, and Athletic Director. Under no circumstances may an ineligible student play in any MIAA scheduled games.
- TA's, independent studies, and support classes will not be used for eligibility.

Substance Abuse Policy

MVRHS and the soccer program both have a ZERO TOLERANCE policy towards the use of any illegal substance (on and off school grounds). Please exercise good judgment as you are representing your school and your team at all times. Disciplinary action will be issued by both the coaching staff and MVRHS administration if any student-athlete is found to be using any illegal or prohibited substance. More detailed information is available in the MVRHS Athletics Handbook & MVRHS Code of Conduct.

Training & Workouts

Training will begin at 3 pm EVERY day unless a match or scrimmage is scheduled. Supplemental workouts will be organized by the captains and coaching staff as needed. A 3 pm start means that all rostered players will be on the field in full equipment starting the warm-up at 3 pm sharp! No exceptions. Unexcused lateness, or with no notification, will be handled by:

1st offense - A formal apology to her teammates and coaching staff.

2nd offense - Observe ½ of practice from the sidelines.

3rd offense - Playing time is impacted & a meeting with the player's guardian is mandatory.

(Please see 3 absence rules in the Attendance & Academics section). If you are injured you are still required to attend training and workouts as a gesture of team support. If your condition requires you to miss a training or workout you must notify the captains **and** coaching staff as well as provide a doctor's note (for injury or illness) to the Athletic Trainer.

Matches & Scrimmages

On days where a match or scrimmage is scheduled, all rostered players will be instructed by the coaching staff regarding arrival times to the stadium as well as pregame and postgame routines. Captains will reinforce these instructions.

Equipment & Apparel

All rostered players are required to bring a water bottle, shin guards, cleats, running shoes, and designated training jerseys to EVERY training session - no exceptions! Additionally, all training equipment and team water need to be on the field BEFORE the 3:15 pm start time. Captains will designate players in charge of daily equipment and water preparation. Training and match apparel will be issued at the beginning of the season.

Dress Code

All student-athletes are to abide by school-wide dress codes. On game days student-athletes will dress in a "ready to play" manner which means athletic/soccer attire as decided by the coaching staff. This apparel will be equitable for all student-athletes and deemed appropriate by both administration and coaching staff.

Travel Policy

For away matches the MVRHS travel policy will be in effect. In addition, all student-athletes traveling should acknowledge and follow all program policies and procedures as traveling is just an extension of your time on campus.

Student Drivers & Travel Policy

All student-athletes with a valid driver's license are to abide by Massachusetts state driving

laws at all times. Student-athletes may not transport teammates to the boat for away games. Please read MVRHS Athletic Handbook for more detailed information on this rule.

The Locker Room & Equipment Shed

The locker room is a SHARED space by all female athletes during the Fall season, i.e. field hockey, cross country, etc. That said, treat the space and other squads with respect. This is NOT a clubhouse and only authorized school personnel will have keys to this space. It is a professional space intended to enrich the player experience positively - do not abuse this privilege. All Code of Conduct rules apply. The equipment shed is to be kept in a clean and orderly manner. Everyone must help to keep it organized.

MVRHS Soccer Boosters & Team Fundraising Requirements (Mandatory)

The MVRHS Soccer Boosters is a parent-led organization focused on generating funds for both the men's and women's soccer programs. ALL rostered players must participate in Booster functions and initiatives that benefit both programs equally. No exceptions.

MIAA Application for Smartphones

The Massachusetts Interscholastic Athletic Association (MIAA) has a downloadable app for your smartphone that will showcase and update team schedules, rosters, and scores in real-time. This is a very helpful app to have during post-season match play and state playoffs. Search for MIAA in the apps store. It is a FREE application.

V. Player & Parent Contract:

Your names and signatures below indicate that you have read, understood, and have agreed to abide by the content of this handbook.

Player Name: _____

Player Signature: _____

Parent Name: _____

Parent Signature: _____

Date: _____

**** This page must be signed and dated in order to participate in MVRHS Soccer. ****