



Centennial Jaguars

BOYS' SOCCER

2020

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Athletic Office:

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Team Representatives:

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Explanation of our program: Philosophy and Plans for the Season

1. **VARSITY TRY-OUTS:** Week of Monday, March 23, 5:00-7:00 p.m. (grades 9 - 12) at the ACHS turf, unless otherwise noted. Only those wishing to try-out for Varsity should attend try-outs this week. *All others will be expected to participate in the Gatorade Game on Friday March 27th - coaches will place you on a team for scrimmaging at this annual event.*
2. Everyone will be expected to attend all practices, **even if injured.**
3. The Varsity team will be selected and announced to players at the conclusion of try-outs week. Therefore, if you are trying out for Varsity, you cannot afford to miss practices. Let the coaches know of any conflicts ahead of time. Players who do not make Varsity or have not tried out for Varsity will be placed on either the JV Silver or JV Black team. Coaches will communicate with you as to which team you're on during week two of regular, daily practice, beginning the week of March 30.
4. You must have your **Physical and Concussion Forms** on file in order to begin practicing. Do not wait until the last minute. Submit your completed and signed physical and concussion forms to through the school website: <https://ankenycentennial-ar.rschooltoday.com/viewmyaccount> please call Marge Rasmuson in the ACHS Activities Office with any questions. If you have been out for another sport, make sure your file is in order and that your forms will not expire during the soccer season.
5. Sportsmanship is a goal for everyone! All of us will be representing Centennial. We need to display good sportsmanship and behavior at all times.
6. **What we expect from our players:** Promptness, Hard Work, Respect, Loyalty, Desire, Commitment, Heart, Discipline, Pride, Teamwork, and Sportsmanship.
7. **What to expect from the Coaches:** Honesty, Loyalty, Sincerity, Sportsmanship, Flexibility, Commitment, Fairness, Desire, Discipline, Understanding, Pride, and Dedication.
8. **What parents can do to help:** Allow the Coaches to coach. Support the program. Be your child's best fan. Support and root for all players on the team. Encourage your child to talk with the Coaches. Keep soccer in its proper perspective.
9. **SPORTSMANSHIP: Rules, Regulations, and Penalties.** At Centennial, we will practice the highest principles of sportsmanship and ethics in competition. The IHSAA has the authority to penalize any contestant in violation of any of the rules and regulations. PENALTY: "Any student-athlete disqualified from an interscholastic contest by game officials for flagrant, violent, or verbal misconduct will be ineligible for the next regularly scheduled event at the same level of competition. The student-athlete is also subject to other penalties of the IHSAA. The second violation carries a four-game suspension." This policy applies to grades 7-12. Players are also subject to additional discipline from the Centennial Coaching staff.

IMPORTANT INFORMATION AND DETAILS

VARSIY TRY-OUT PROCEDURES: Week of March 11, 5:00 p.m. each night

Every student at Centennial is welcome and encouraged to try-out for all activities that are offered. The JV teams will be selected from athletes that did not make the Varsity, and the athletes that did not try out for Varsity. Varsity try-outs are just that, try-outs for the Varsity team only. There are 22 spots on the Varsity team. The most qualified soccer players will make this team. Everyone that wishes to try out is encouraged. These try-outs are open to any and all ACHS students. There will be cuts every day from those who have signed up. Those who do not wish to try out for Varsity do not need to show up until Friday, March 27, for the Gatorade Game. Those who choose not to try out will be placed on the JV teams and will be notified of their final team placement during the week of March 25, when regular, daily practices begin. Please remember that this week of Varsity try-outs is very important. The athletes need to be healthy, rested, and ready to go. It is up to the athlete to try-out for positions that they feel will showcase their best talents. Every athlete that makes the Varsity squad will have to be chosen by 3 of the 4 coaches evaluating them. We also know that some years the ideal try-out situation is not available, (i.e., practicing in the gym), so it is very important that the boys come prepared for whatever we may do each day. Proper clothing, shoes, and equipment are needed every day.

PRACTICE TIMES:

JV BLACK 4:30-6:00

JV SILVER 4:30-6:00

VARSIY 6:00-7:30

*Both JV Black and JV Silver practices will be cancelled any time we have inclement weather. Unfortunately, there just is not enough gym space available on short notice.

SEASON OPENERS:

Varsity – March 27th Scrimmage vs Urbandale

JV Silver - March 27th Scrimmage vs Urbandale

JV Black - March 27th Scrimmage vs Urbandale

STAY INFORMED:

The only way for us to communicate with everyone in an efficient way is through email, text, and Twitter(@ACHSboysoccer). It is critical that all numbers and email addresses are given to the Team Coordinator, so that we can communicate with each of you. Please be sure to email the Team Coordinator (highlighted below), so she can get you on

her team distribution email list, as regular emails are our primary form of communication.

BUS SCHEDULE:

An email will be sent out weekly with scheduled bus times. We will also post times on the CIML website. Boys will need money for any food at away games. They also need to have appropriate clothing for the weather conditions. The bus will return to Centennial after the last game played that evening. If you plan on taking your child home after their game, the coach of your son's team needs to be notified by parent/guardian.

The most current schedule can be found on the CIML Central website link (see page 2).

CANCELLATIONS: Practices or games will be cancelled (postponed) due to weather-related issues as early in the day as possible. The Head Coach will make the final decision and will promptly send out an email stating same. The email will describe which teams are cancelled.

UNIFORMS:

- **Varsity:** black uniform (2 jersey's and 1 shorts), white uniform (2 jersey's and 1 shorts), Grey warm-up (jacket and pants), and black stadium jacket
 - **JV SILVER:** black jersey, white jersey, black shorts, white shorts
 - **JV BLACK:** Black jersey, white jersey, black shorts, white shorts
 - **ALL PLAYERS** will be expected to purchase their own socks for competition. Varsity: solid white, solid black(Nike). JV Silver & Black: solid black, solid white Nike). As well as a POLO for game day.
1. Only plain white clothing can be worn under white uniforms.
 2. Only plain black clothing can be worn under black jerseys.
 3. Only black compressions can be worn under black shorts.
 4. Only plain black stocking caps.
 5. Only plain black gloves.
 6. Only the provided warm-up (Varsity) is allowed on the field.
 7. Only the provided stadium jacket (Varsity) is allowed on the field.
 8. No wristbands or headbands.
 9. Practice clothing needs to be appropriate soccer attire.
 10. Do not wear any part of your school-issued uniform or warm-up to practice or during school.
 11. You must have ALL pieces of all uniforms and warm-ups with you on game day.
 12. On game days, all boys will wear a polo, dress pants and appropriate shoes.

Helpful websites:

ATHLETIC LINES OF COMMUNICATION

Parent / Coach Relationships:

Both parenting and coaching are extremely difficult vocations. By establishing and understanding each position, we are better able to accept actions of others and provide greater benefit to the student athletes. As parents, when your children become involved in our program, you have the right to understand what expectations are placed on your child. This begins with clear lines of communication from the coaching staff of your child's program.

COMMUNICATION YOU SHOULD EXPECT FROM THE COACHES:

1. Expectations the Coach has for your child, as well as all players on the team.
2. Location and times of all practices and matches.
3. Team requirements, i.e., fees, special equipment, off-season conditioning.
4. Procedure should your child be injured during participation.
5. Discipline which would result in the denial of your child's participation.

COMMUNICATION THAT COACHES EXPECT FROM PLAYERS:

1. Notification of any schedule conflicts well in advance.
2. Specific concerns in regard to Coach's philosophy and / or expectations. While participating at Centennial High School, your child will experience some of the most rewarding moments of their high school times. However, you must understand that things will not always go the way you and your child wish. Please know that these are the times when communication is essential.
3. Specific instructions on things to improve. Ask, "How can I/We get better?"

APPROPRIATE CONCERNS TO DISCUSS WITH COACHES:

1. The treatment of your child mentally and physically, by Coaches and players.
2. Ways to help your child improve.
3. Concerns about your child's behavior.

It is difficult to accept that your child is not playing as much as you hoped for. Coaches make decisions based on what they think is best for **ALL** students involved. As you have seen from the list above, certain things can and should be discussed with your child's Coach.

ISSUES NOT APPROPRIATE TO DISCUSS WITH COACHES:

1. Playing time
2. Team Strategy
3. Line-ups
4. Other players

It is the philosophy of the Soccer Program that all members of the JV teams will see playing time in each match, unless notified of disciplinary reasons. Playing time at the Varsity level is not guaranteed for any one player. If questions arise about playing time, instruct your child to talk to the Coach.

THE PROCEDURE YOU SHOULD FOLLOW IF YOU HAVE CONCERNS TO DISCUSS WITH A COACH:

1. Instruct your child to communicate with the Coach.
2. Parents should contact the Coach, at an appropriate time.
3. If unsuccessful, set-up appointment with the Athletic Director.
4. Please do not try to confront the Coaches before or after a match, or after practice. These can be emotional times for coaches, players and parents. Meetings of this nature do not promote resolution. Discretion is in your child's best interest.
5. Any and all argumentative emails will be forwarded on to Athletic Director.

THE NEXT STEP:

If a meeting with the Coach does not resolve the issue, then a meeting will be needed with the COACH, PARENT, ATHLETIC DIRECTOR, and ATHLETE.

ACTIONS RESULTING IN DISCIPLINE: There may be additional discipline taken by the Coaching staff, above and beyond the school policy, for:

1. Being late to practice.
2. Missing practice, unexcused.
3. SWEARING!
4. Yellow / Red card.
5. Attitude, Effort, and Attention.
6. Not having appropriate uniform and warm-ups on game day.

ATTENTION ALL HIGH SCHOOL ATHLETES

(Grades 9 - 12)

Department of Education Rule: "NON-SCHOOL TEAM PARTICIPATION RULE."

The following rule was adopted by the State Board of Education on August 8, 1997. It became effective on October 1, 1997.

ADMINISTRATIVE RULE:

"3 6.15 (7) Non-school team participation. A student who is participating in a sport sponsored by a governing organization may not participate in that sport as an individual or as a member of a team in an outside school event during the same season **UNLESS ALLOWED BY SCHOOL BOARD POLICY.**"

"A student, who participates in a sport in violation of this sub-rule, shall be ineligible to participate on a school-sponsored team in that sport for 12 calendar months."

PROCEDURE FOR RELEASE TO PLAY IN NON-SCHOOL SPONSORED EVENTS:

Turn in a note to the Coach or Athletic Director, stating the student-athlete's intentions. Please make sure the Coach is aware of any outside activities prior to competition.

1. No student-athlete should miss a game for outside activities.
2. No student-athlete should miss a practice for an outside practice.
3. If you miss a high school practice for an outside game, this will result in not being allowed to start the next game.
4. If you miss a high school game for a club game, you will sit out the following high school game.
5. Discipline will be consistent from first incident to the last. Discipline will consist of, but not be limited to, making up fitness and reduction of playing time in the following game.

504.43 - Harassment, Bullying and Hazing Prohibited

A. HARASSMENT AND BULLYING

1. It is the policy of the Ankeny Community School District to maintain an academic environment that is free from harassment, including sexual harassment, and bullying. It is a violation of this policy for any student to harass or bully any student, staff member, volunteer, parent or business associate of the District on the basis of race, color, creed, religion, national origin, sex, gender, gender identity, age, marital status, sexual orientation, physical attributes, physical or mental ability or disability, ancestry, political

party preference, political belief, military affiliation, socioeconomic status, or familial status, or any other trait or characteristic, on or in school property or vehicles, and at any school function or school sponsored activity, regardless of the activity's location. Harassment and bullying is prohibited by the State of Iowa and this school policy. Violations of this policy or procedure will be cause for disciplinary action up to and including expulsion. The level of discipline for each incident will be determined after considering the severity of the incident and any prior incidents. Harassment and bullying of students by staff members, volunteers or business associates is prohibited by Policy 402

MISCELLANEOUS PROGRAM INFORMATION

LETTERING:

To earn a Varsity Letter in soccer:

1. Train with Varsity for at least 6 weeks of the 8-week season.
2. Dress for a minimum of 13 Varsity games.

SPEED and AGILITY / WEIGHTLIFTING:

As a Coaching staff, we feel that all of our athletes should participate in as much as Centennial has to offer. This will make them better mentally, physically, emotionally. Encourage your child to take advantage of all that is offered to make them the best they can be. Speed, Agility and Weightlifting will benefit each and every person at Centennial. This is a very important piece in developing young athletes.

ANKENY BOOSTER CLUB:

Having been involved with high school athletics for 17 years, I know how valuable the Booster Club can be. Making sure parents and coaches are involved will be my top priority. The 5th Annual Booster Bash is Saturday, date To be determined. Get involved, volunteer to assist at the Bash, reserve your seats soon - it was a great time last year!
www.ankenyboosters.com

**THANK YOU FOR YOUR SUPPORT AND WE ARE LOOKING FORWARD TO A
GREAT SEASON WITH THESE YOUNG MEN!**

JAGUAR COACHING STAFF