



Lady Porcupine Soccer  
2022-2023

Program Guidelines

## Coaches:

- Katherine Kummerfeld – Head Girls, Varsity coach, [kkummerfeld@springtownisd.net](mailto:kkummerfeld@springtownisd.net)
- Ryan Byerly – Assistant Girls, JV coach, [rbyerly@springtownisd.net](mailto:rbyerly@springtownisd.net)

## Trainers: 817-220-3040

- Anna Pengra, [apengra@springtownisd.net](mailto:apengra@springtownisd.net)
- Kurt Wood, [kwood@springtownisd.net](mailto:kwood@springtownisd.net)

## Athletic Secretary: 817-220-3040

- Jenna Miller, [jemiller@springtownisd.net](mailto:jemiller@springtownisd.net)

## Team Goals and Objectives:

- Practice with intensity every day and allow that intensity to carry over to games.
- Mature as young ladies, students, and athletes by overcoming adversities as a team.
- Focus on the individual roles in the context of a team.
- Display dedication and loyalty to the overall Lady Porcupine Athletic Program.

## Communication:

As your child becomes involved in high school athletics, she will experience some of the most rewarding moments of her life. It is important to understand that there may be times when things do not go the way you or your daughter would like for them to. At these times, we encourage discussion and communication. However, the open communication between athlete, coach and parent cannot be fostered immediately after a game. **Coaches will NOT discuss any issues following a game or practice.** These are often emotional times for both parents and coaches; meetings of this nature do not promote resolution of the situation. First, we ask that the athlete communicate the issue to the appropriate coach within 24 hours. If the problem cannot be resolved, then we ask that the parent call the coach or athletic secretary to set up an appointment to discuss the situation. Please be aware that during meetings concerning YOUR child, we will NOT discuss OTHER athletes. We will also refrain from discussing playing time or team strategy. We will though, discuss ways for your child to improve or any behavioral concerns that may have become an issue.

## **Enrollment in Athletics:**

In order to be a part of the Lady Porcupine Soccer program, the Athlete *must be enrolled* in either the Girls Soccer Athletic Period, the Wrestling Athletic Period, or the First Period Girls Athletic Period during the soccer season. The only situation where the athlete may not be enrolled in one of these Athletic periods is if there is a SHS class scheduling conflict, i.e. a required class is only offered at a certain period of the day and one of these Athletic periods *cannot* be fit into the athlete's schedule.

## **UIL vs Club, Select, or other organizations:**

UIL athletics takes precedence over any other event during your season. If you choose to participate in another event instead of your UIL event, there will a required make-up to be completed within one week of the missed game and/ or practice missed, unless missing for another athletic event, marching band competition, or dancing competition for Springtown High School. Please do your best to make any club coach aware of your UIL season schedule well in advance and coordinate your own schedule with that in mind. Please understand that while participation in club and select teams is important and encouraged in order to promote development of the player, the role of an individual on a UIL sanctioned team must take precedence.

## **Varsity Letter Policy:**

In order to receive a Varsity Letter, the athlete must:

- Participate in at least one third of the total scheduled varsity games for that season and finish the season in good standing.
  - Or be a manager for two seasons, for the entirety of those seasons, and finish both seasons in good standing.

\*The final decision on who letters is solely up to the head coach.

\*\*A Varsity player may get fitted for their letterman in the Fall semester of the sophomore year or beyond. (No freshman may get fitted for a letterman per Springtown ISD Athletic policy.)

## General Rules

### Practice:

- Players are expected to participate at 100% effort at all times
- Practice is mandatory unless discussed prior to the practice with a coach
  - If the athlete does not communicate prior to the practice and they miss practice, there will be an addition to the make-up requirements
- All players will attend all film, weight room, and or conditioning days
- Poor behavior, poor attitude, poor work effort may result in dismissal from practice
- Dismissal from practice will count as an unexcused makeup
- Players will be on the floor ready to work out at designated practice times
- All players are issued and are required to wear practice attire
- Excessive missed practice may result in removal from the team
- Injury treatment takes place prior to or after practice time, unless required by the trainer

### Injury and Treatment:

- Make your coach aware of any injury immediately during a practice or game.
- Coach will refer athlete to the training room for evaluation.
- Trainer will determine the proper course of treatment or refer the athlete to a physician for further evaluation.
- Trainer will also communicate the extent of the injury and proper course of treatment to the athlete, coach, and parents.
- Athlete will follow prescribed treatment plan. He or she should be in the training room BEFORE practice for any evaluation, taping, icing, etc. Practice should not be missed for treatment, unless required by the trainer.
- If athlete is placed under the care of a physician, i.e. for suspected concussion, he or she will need to be fully released (in writing) from said physician before any participation in practice or game activities will be allowed.

## Missed or Late to Practice:

- A missed practice and/or game will require a make-up practice.
  - A missed practice will require you to sprint dribble the ball **down and back** the length of the Indoor field 16 times in the Indoor
  - A missed game will require you to sprint dribble the ball **down and back** the length of the soccer field 32 times in the Indoor.
  - If you fail to notify the coach **before** the missed practice or game telling them that you will not be there and the reason why, it will require you to sprint dribble the ball **down and back** the length of the soccer field an *additional 8* times.
  - If you fail to notify the coach **at all** on the day of about the missed day's practice or game telling them why you were not there, it will require you to sprint dribble the ball down the length of the soccer field an *additional 12* times.
- \*The only time a Lady Porcupine soccer player will not be required to make-up a practice and/or game will be if they were participating in another athletic event athletic event, marching band competition, or dancing competition for Springtown High School and notified the coach beforehand.
- All players, **injured or not**, are EXPECTED to be at training, if only to show support for your teammates and listen to direction given by coaching staff.
- It is the athlete's responsibility to make up all missed (excused or un-excused) training sessions.
- Players who miss training excessively may be suspended from the team and removed to an off-season program.

## Misconduct:

- Improper or vile language and personal conduct/classroom behavior: TBD by coaches depending on individual situation
- Improper dress:
  - If you are not wearing the appropriate practice article of clothing, including the practice jersey or black/white/gray/orange shorts of your choosing, you will be required to do **15 burpees per article of clothing**.
  - If you wear jewelry to practice, you will be required to do **10 burpees per item of jewelry**.
- Alcohol/Tobacco/Vaping/Drugs/Hazing: SISD Policy (possible suspension/expulsion)

### **Game Day (Home):**

- Be at the soccer field **45 minutes** prior to your contest.
- Be fully dressed in game uniform and **on the field for warm-up 30 minutes** before the start of the game.
- All players will warm up with the team.
- No one is allowed in the locker room prior to, during, or after a game except players, coaches, and trainers, if applicable.

### **Game Day (Away):**

- Wear game day shirt and with jeans or assigned sweats to school.
- Change into uniform before loading onto the bus. Look like a team when you get off the bus!
- Sit as a team in the stands.
- Be fully dressed in game uniform and on the field for warm-up 30 minutes before the start of the game
- All team members must ride the bus to the game and be on the bus 5 min prior to departing time.
- JV and Varsity players may have their parent or guardian sign the athlete out with a coach or manager after game contests to ride home with them.
  - Anyone other than the parent or guardian of that athlete must:
  - Be over 18 and out of high school.
  - Have been given verbal or handwritten permission to the coach by the parent of guardian of that athlete to be able to sign the athlete out and ride home with them.

### **Game Etiquette:**

- Play HARD; don't play MEAN.
- A straight red card (i.e. behavior unbecoming of a Springtown athlete) will result in immediate removal from the game as well as possible additional consequences TBD by coaches.
- Players are NOT allowed to talk to anyone in the stands during the contest or at halftime, unless coach gives permission.

\*Inappropriate conduct toward a teammate, coach, manager, official, or opposing player may result in a one game suspension as well as possible additional consequences TBD by coaches.

## **Miscellaneous:**

### **Tutorials:**

- Teachers are required to provide tutorials. Make every effort to attend if you are not passing a class; however, also make every effort to attend outside of practice time, preferably before school as soccer has afterschool practices.
- If you **MUST** attend a test/quiz/lesson/lab/etc. makeup during practice time, you must get permission first.

### **Uniforms/Practice clothes:**

- Uniforms and practice clothes are not to be worn on days when games and practices are not held.

### **Quitting:**

- A player or manager who quits soccer will not be eligible to come get a letterman or come to the end of the year soccer banquet as part of the team.

## Lady Porcupine Standards

Standards are foundations that are superior to rules; they define correct and acceptable behavior. Standards are guidelines to live by and hold each other accountable for. Below are the 8 Standards of Excellence defined by the Lady Porcupines.

1. **Professionalism:** We commit to always conducting ourselves in a first class manner on and off the field every day of the year; not just during the season. We are always representing the Lady Porcupines
2. **No Personal Agendas:** We commit to one team agenda only; that agenda will be whatever is best for the team; our personal gain or situations will not come into play.
3. **Respectful Communication:** We commit to listening to the “what” and not the “how”; but will always be aware of how we are sending the message, whether it is teammate to teammate or teammate to coach.
4. **One Way:** We commit to learning the system we have; trusting the coaching and holding ourselves accountable to do things the LADY PINE WAY!
5. **Effort and Attitude:** We commit to 100% effort and attitude every day – practice or game. These are the only two things we have COMPLETE CONTROL over.
6. **Responsibility:** We commit to holding ourselves personally responsible and accountable for our actions, our efforts, and fulfillment of the roles assigned. Everyone will take responsibility for their role in our success.
7. **Trust:** We commit to trust each other in everything we do on and off the court.
8. **No Excuses:** We either get it done or we don't; either way, we move on and make sure the next possession, the next half, the next game, the next day is up to LADY PORCUPINE STANDARD.



## Coaches Duties

### General Duties:

- Have a thorough knowledge of UIL rules pertaining to practice and competition
- Have a thorough understanding of the Lady Porcupine Soccer program expectations
- Maintain discipline and work to increase morale and cooperation within the entire Athletic Department
- Assistant coach is accountable to the head coach for all team specific equipment issued out to athletes
- Secure all doors, lights, equipment before leaving for the day/night
- Work within the basic framework and philosophy of the head coach
- Attend all staff meetings and carry out scouting assignments as outlined by head coach or athletic director
- Strive to improve skills by attending clinics and using resources made available by the head coach
- Never criticize or argue with any athletic staff member within the ears or eyes of players or parents
- Perform other duties that are consistent with the nature of the positions and that may be requested by the head coach

### Game Specific Duties:

- Arrive at least 1 hour prior to home games
- Check air in game balls prior to games
- Communicate with other coaches suggestions about game
- Other duties as assigned