

## **Winning with "No"** **Springtown Boys Soccer Guidelines**

### **Preface:**

- No single way to coach soccer
- No worrying about being different or unique
- No "Mission Statement"

### **The Overall Program:**

- No problems or obstacles can stop us
- No unnecessary work
- No goals for the year. Just high expectations
- No big staff
- No discipline problems
- No pampering athletes
- No hazing tolerated
- No depending on *good luck*. Only bad luck can hinder us.
- No being inflexible
- No surviving without humor

### **The Season:**

- No traditional captains (All Seniors share this honor)
- No rules, except the Golden Rule
- No superstitions
- No statistics posted
- No excuses

### **The Practices:**

- No long practices (90 Minutes)
- No slide tackling
- No practice gear issued (neutral colored shirt and shorts required)
- No special staff uniforms
- No walking when you should be hustling
- No whistles
- No yelling or screaming at players
- No practice in rain, extreme heat or cold
- No water or rest denied when players want it
- No dwelling on bad things
- No missing practice or being late without communicating

### **The Games:**

- No "Big" games pointed to
- No trash talking tolerated
- No player NOT played in a rout
- No trying to injure the opponent allowed
- No cheap-shots or foul play tolerated
- No belief aggressive teams get penalties
- **No end to the possibilities of more No's**

### **Another List of "No's":**

- **No Limiting Recognition to a Few**
- **No Ignoring Anyone's Talent**
- **No Harassment. Period.**
- **No Distractions from the Basics**
- **No Waiting for Luck**
- **No Winning Without Fun**
- **No Withholding Honor Earned**
- **No Overdoing the Rules**
- **No Time Wasting Meetings**
- **No Put Downs**
- **No Playing Favorites**
- **No Shirking Responsibility**
- **No Being a Jerk**
- **No Being a Drill Sergeant**
- **No Focusing on Mistakes**
- **No Unnecessary Anything**
- **No Celebrating the Heroes Only**
- **No Trashy Cheap Behavior**
- **No Fear of Taking a Risk**
- **No Giving Power to Setbacks**
- **No Settling for Less Than the Best**
- **No Promises Just Results**
- **No End to the Possibilities**



1. Must follow the golden rule. Students who show that they cannot follow this rule will be removed from the program.
2. No hazing.
3. Senior class shares captaincy duties and responsibilities.
4. No JV. All will dress for varsity home games and 20 will dress for away games.
5. Must communicate if you are going to miss a soccer event. Sign up for SportsYou.
6. No bad attitudes.
7. High expectations.
8. Must pass your classes to stay in the soccer program. Students must pass at least one grading period during the Fall Semester in order to stay in the program.
9. Take care of your equipment.
10. Must be on time to meetings and practices. Communicate if you are going to miss or be late.
11. No walking. Should be a jog or a sprint when getting to where you need to go.
12. Be in the locker room before the bell rings and out on the field within 5 minutes of the bell. Practices during the period will last 30 minutes. Do not be late for 7th period.