

Lamar Soccer

Our Mission is to inspire student athletes towards the pursuit of excellence in all facets of their life through character development, the value of integrity, commitment and building lasting relationships.

Playing Soccer for Lamar requires dedication and hard work. Each player represents the school and the soccer program. Everyone that chooses to be a part of this program will comply with the rules that are set by the school district and the program. It is a privilege, not a right, to play and practice soccer at Lamar High School. We want positive and highly motivated individuals that know success is not something that is handed to them, but is something that is earned. We expect you to represent Lamar High School in a respectful and positive manner in the classroom and on the field. This includes:

- ❖ First and foremost, upholding these five core values:
 - **Commitment**
 - **Accountability**
 - **Respect**
 - **Integrity**
 - **Sportsmanship**
- ❖ Putting in the extra work in order to improve yourself and your team.
- ❖ Grasping the concept that there is no I in team.
- ❖ Realizing that being in this program is a choice.
 - Focusing and giving everything you have is a must and not only when it is convenient.
- ❖ Developing a positive attitude towards school, teammates, authority, competition and winning and losing.
- ❖ Take on an active role in developing the soccer program so that it is respected on and off the field.
- ❖ Inappropriate behavior will not be tolerated!!! Removal from the program is a possible consequence.
- ❖ Learning to set goals and accepting the challenge to meet those goals.
- ❖ Learning about one another's strengths and weaknesses in order to facilitate achievement of team goals.
- ❖ Having a commitment to excellence in everything you do.

Be reliable, dependable and committed. There will be no excuses. This program is not encouraging or asking for perfection, but is asking for a commitment to excellence because that desire will take each of you down the road to success long after soccer is not present in your life. There is something to be said about someone that sets themselves up for success in life by committing to personal improvement.

ELIGIBILITY: A player's first priority is her education! You must pass your classes to play.

1) If you are absent from school you are required to call, email or text your coach prior to practice or game.

Kay Giocondo. Office Phone: 682 867-4617 Email: kgiocond@aisd.net

Jana Hammonds Office Phone: 682 867-8374 Email: jhammon7@aisd.net

Cheryl Edwards Office Phone 682 867-8374 Email: cedward2@aisd.net

Consequence for not contacting the coach could result in sitting out the first half of the game.

The 2nd unexcused absence from class or practice could result in dismissal from the team.

2) Academics are #1. We expect your conduct grade to be an "A" in all classes.

OCS or any alternative program assignment will result in a contract to remain in the program.

Any AEP assignment for repetition of an offense will result in removal from the program

3) Attendance at school and practice is a must. Please schedule appointments during study hall (Game Days or after practice)

4) You are required to work out every day. Trainers and coaches will modify workouts if needed.

5) Injuries. You will be required to report to the training room for treatment and rehab. If you are under a physician's care, please have them fax a written letter with exact instructions for your treatment. List activities you can and cannot do, and how long before you will be released from their care. Only a note from a physician or instruction from the trainer will excuse you from practice. You must have a written release from a doctor to return to workouts and games.

FOLLOW THE TRAINER'S RULES AND PROCEDURES FOR THE TRAINING ROOMS!

6) No jewelry of any kind at practice or games! No Exceptions.

7) Cell phones will be in your bag and turned off during school and practice.

8) Chemical use is prohibited. (Drugs, Alcohol, Cigarettes) Be aware of the AISD policy!!! (Student Code of Conduct)

9) INTERNET WEB PAGES/Twitter etc - Content and pictures must be appropriate at all times.

10) GRIEVANCE PROCEDURE - The player will make every effort to find a time to discuss any problem with the Coach first, after which a parent conference may be arranged. CAP PACT in Student/Parent Athletic Handbook.

Failure to abide by these policies may result in dismissal from the team.

Coach Gio, Coach Hammonds, Coach Edwards and Coach Sipiora