

Fall 2019

## **MHS Kernels Boys Soccer Team**

### **Coach Novak's Philosophy & Team Protocol**



#### **It's 'Coach' for student-athletes:**

I, and my coaching staff, go by “**coach.**”

For team unity, it is best that everyone is on the same sheet.

It's respectful, professionally appropriate for athlete-coach relationship, and eliminates confusion about how to address the adults responsible for the student-athletes' development.

#### **Profanity**

Profanity is not allowed.

Profanity should not be heard from the coaching staff nor the players.

Garbage in equals garbage out. We are competitors with class.

Profanity reflects a different image.

Furthermore, in a game profanity can get you a yellow or a red card. Discipline yourself for your own well-being, and your allegiance to your team.

#### **Respect**

Players nor coaches shall humiliate or violate the integrity of any student-athlete or coach. This includes verbal, emotional, physical mistreatment. Athletes will be upbraided or given extra physical conditioning for demonstrations of lack of discipline, disregard for the rules, or display of disrespect. No person or group will be given any feedback that is non-constructive. Corrections to athletic performance or behavior are directly related an action or attitude demonstrated.

#### **Earned Privilege**

High school soccer, both varsity and junior varsity, is an **earned privilege**. No one is entitled to play high school athletics. Nor, is there an expectation that all players receive equal playing time.

#### **Persistent Negative Behavior**

If after sufficient feedback from the head coach, a student-athlete's or a coach's

**actions and/or attitude is toxic** toward the safety, security, and teamwork of other players and/or coaches, that person will no longer participate on the Mitchell High School Boys Soccer Team.

### **Player's Responsibility**

Each player will take responsibility toward

- a. academics
- b. hydration/ stretching / follow-up care / conditioning
- c. reporting any suspicion of concussion or injury of himself or a teammate
- d. reporting any suspicion of a violation of integrity of himself or a teammate
- e. care for his uniform

### **Slide-tackling during training is NEVER allowed.**

Nor any aggressive action that would put a fellow teammate in risk of injury. Training can occur with game-like intensity without transcending these limits.

### **Bench (sideline) behavior**

During a game the coaching staff and players are professional, team-supportive, and never disrespectful of the referees nor the other team. The head coach is ultimately responsible for the bench's (and the spectator's) behavior.

### **One Voice**

When a coach is speaking only his or her voice will be active. Disruptive behavior is disrespectful to teammates and coaches, and demonstrates an attitude closed toward improvement.

### **Full-focused Training**

Come ready. Start on time. Respect team leaders. Take warm-ups and stretching seriously. Improve: better conditioned, higher soccer IQ, better touch. Growth mindset is expected.

### **When Yellow is the New Red**

**If a yellow card** given to a Kernel player for **flagrant unsportsmanlike conduct**, that yellow card will be treated like a red-card by Coach Novak. That player will not return to play for that game. We will not play a man-down for this yellow-card. However, if applicable, the violating individual will have lost a starting-position on varsity for at least one game.