



## **Duluth East Girls Soccer Handbook**

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## **Program/Coaching Background:**

Duluth East Soccer tryouts are held in mid-August every season. This is my 12<sup>th</sup> season with the girls soccer program and I am very excited about the upcoming season. Being part of the Duluth East Girls Soccer program is a very big honor, one that does not come easy. You will have to work harder than you ever have, returners included!!! This program has a long history of success which includes many trips to the state tournament and once being rated by the NSCAA as a top 25 team in the nation. Make sure you put yourself in the best position possible to make a team, be in the best shape of your lives, listen to your summer coaches, play hard and learn from mistakes and victories. We will take the best players for the team, "best" is defined by those who are: hard working, skilled, coach-able, dedicated, driven, team players, strong, fast, fearless, leaders, and who want to go past their comfort zone.

Please note that the top players will be selected for each team, teams will be determined during the tryout period. Past team placement, summer clubs and past performances will not come into play when selecting the teams.

## **Culture:**

The Duluth East girls' soccer program has had a long tradition of excellence on and off the field. This excellence is brought about in part because of a culture that has been established in our program since its inception. Our culture will continue to revolve around hard work, dedication and commitment to the team in competition, in practice and in the classroom.

## **Coaching Philosophy**

Our goal as coaches is to teach leadership to young women through dedication, commitment, teamwork and perseverance. It is our goal to have your daughter leave our program having learned qualities that will allow them to succeed away from the field of play.

## **Purpose as a Coach**

The purpose of the Duluth East girls' soccer staff is to foster an atmosphere of learning within our sport. We will do our best to always demonstrate the positive qualities that we are expecting of our players. We will treat our fellow coaches, players, officials, administration and parents with respect both on and off the field. We will be asking our players to represent our program, our school, your families and our community in a positive way and we will do our best to model this as well.

## **Team Explanations:**

We will continue to select "The Top 40" to define our varsity and jv teams, this number is an estimated number that has been as high as 47 during the covid pandemic and as low as 35 in previous years. The exact number of players in the "top 40" is determined by the coaches during the tryout process when determining the most competitive teams at each level. This will allow for more fluidity between varsity and jv teams rather than placing players on teams early in the season. The ending varsity roster will be comprised of the top 22 healthy players from that top 40.

The Top 40- The top forty soccer players of any age level will be placed on either the varsity or jv soccer team. These forty players will train together all year long to compete for a spot on the varsity team. Movement between these teams will happen based on play, injury or illness. A player who earns a varsity spot one week is not guaranteed a spot the following week. This will create constant competition and raise expectations during practices.

Varsity- Is approximately the top 16 field players and top two keepers at any time of the year. Varsity is eligible for any player of any age (senior-7th grader) provided they are one of the top sixteen players/two keepers at that time. A player who is named to varsity can be moved to junior varsity due to play, injury or illness. To be a varsity player the player must prove to be: skilled, hardworking and a team player (in no particular order). There is NO guaranteed playing time at the varsity level.

Junior Varsity- A player who is named to the junior varsity may be moved up to varsity if their play, work ethic or dedication to the team deems it appropriate. This team is eligible for any player who is between the grades of Junior and Freshman. Equal playing time is NOT guaranteed at the junior varsity level.

B-Team- This is a non-school district team that consists of between 16 and 22 players between the grades of Sophomore and 7th grade. Because this is a non-school district team players who are named to the B-Team are not able to be moved up to the Varsity/JV team. Movement between the B & C teams can occur based on play, injury or illness. Equal playing time is NOT guaranteed at this level.

C-Team- This is a non-school district team that consists of between 16 and 22 players between the grades of Freshmen and 7th grade. Because this is a non-school district team players who are named to the C-Team are not able to be moved up to the Varsity/JV team. Movement between the B & C teams can occur based on play, injury or illness. Equal playing time is NOT guaranteed at this level.

## **Grade Level Explanations:**

Seniors: Varsity Only- This means that a senior must finish in the top 16 field players of any age after tryouts or top two goal keepers. Seniors that have made the original varsity team after tryouts could potentially play junior varsity due to injury or illness.

Juniors: Varsity or Junior Varsity- In order to make varsity after tryouts a field player must finish in the top 16 field players or two keepers. A junior must finish in the top 36 (top 16 play varsity) field players of any age or the top four goal keepers (top 2 play varsity) to play junior varsity. Juniors that make the top 16 out of after tryouts may be moved down to jv based on play, injury or illness. Juniors that make the top 36 field players or top 4 keepers may be moved between varsity and junior varsity during the season.

Sophomores: Varsity, JV or B-Team- Sophomores have the same opportunity as Juniors when it comes to varsity or jv (top 16 field players/2 keepers for varsity, 36 field players/4 keepers for jv). Sophomores who make varsity or jv after tryouts may be moved between the two teams during the year based on play, injury or illness. Sophomores are also able to play B-Team soccer, the B-Team has no affiliation with the high school and players who make the B-Team cannot be moved to JV/Varsity during the season.

Freshmen: Varsity, JV, B or C-Team- Freshmen can make any of the four teams. In order to make varsity a freshman must be in the top 16 field players or two keepers, jv would be the top 36 (including 16 varsity) or four keepers (including 2 varsity), freshmen who make varsity/jv may be moved between the two teams based on play, injury or illness. Freshmen can also play B-Team provided their skills put them in that tier of players. The fourth team that a freshman is eligible for is the C-Team, if a freshman makes either the B or C team they may be moved between teams during the year based on play, injury or illness. Because the B & C teams have no high school affiliation a freshman on B or C team is not eligible to move up to Varsity/JV at any point during the year.

7th & 8th Graders: Varsity, JV, B, or C- A middle school aged player is eligible to play on any of the 4 teams in this program. If a middle school player, after tryouts, rates in the top 36 field players or 4 keepers that makes them eligible for Varsity/JV soccer, in order to play this level a meeting between the player, parent and coach must take place and the proper middle school student to varsity/jv criteria must be completed. A middle school student is also eligible for the B or C provided their skill level puts them in that tier of players.

## **Tryout Information:**

Tryout Info: August 15/16 at Jean Duluth Soccer Complex (Backup at Ordean Middle School if weather is bad)

Monday –

7:30-9:00- 7th-9<sup>th</sup> Graders

9:15-10:45- 10<sup>th</sup>-12<sup>th</sup> Graders

12:45-2:15- 7th-9<sup>th</sup> Graders

2:30-4- 10th-12<sup>th</sup> Graders

## Tuesday -

7:30-9:00- 7<sup>th</sup>-9<sup>th</sup> Graders

9:15-10:45- 10<sup>th</sup>-12<sup>th</sup> Graders

12:45-2:15- 7<sup>th</sup>-9<sup>th</sup> Graders

2:30-4- 10-12<sup>th</sup> Graders

Movement During Tryouts- In order to best evaluate each player there will be players that will be moved “up” during the tryout process. This is to allow the advanced soccer player to show their skill against older competition as well as to allow other players to showcase their skills against similar abilities. Movement of players can happen at any point during the tryout process, no players will be moved “down” during this process.

Fitness Tests- Fitness is a major part of soccer; speed, agility and endurance are all things that coaches look for. There MAY be up to five tests given to evaluate these areas: 60 yard sprint, shuttle run, two mile run, Scottish 18’s and 20-40’s. This will accurately demonstrate individuals abilities in each of the areas.

## What Coaches Look For-

Athletic Ability- strength, speed & quickness

Shooting- proper technique, accuracy & power

Passing- accurate, proper speed/touch

Soccer Sense- ability to be involved in the game

Movement- what you do away from the ball

Heading- fearless, attacking the ball

Finishing- composure around the net

Trapping- under control and with purpose

Sportsmanship- teammates & coaches

Enthusiasm- passion for the game

## Program/Duluth East Rules:

Each parent and player should read and understand each of these rules as well as the Minnesota State High School League rules and accept the consequences of violating them.

# 2022-2023 - DISTRICT #709 BEHAVIOR REGULATIONS

## STUDENTS RESPONSIBILITY

- Students must serve a consequence in each activity in which they participate – MSHSL, Duluth High School Intramurals, Activities, and Fine Arts. Penalties may be served concurrently.
- Due Process including appeals procedure as defined in the MSHSL bylaw 213.02,8.

## All penalties:

1. Are in effect year round (including summer and off-season.)
2. Carry over from school year to school year.
3. Carry over from sport/activity to sport/activity.
4. Are applied to MSHSL violations that occur anywhere and any time.
5. Student fully agrees to fully cooperate in any investigation honestly and truthfully.

**The Duluth Police Department will be sharing information on underage ticket violations. It is advised that violations be reported to the Coach, AD, or Principal within 48 hours.**

## Determination and notification of violations:

1. Any violation(s) of the MSHSL or ISD 709 policy known to a coach/advisor must be reported to the Activities Director and/or Principal in writing immediately upon learning of the violation.
2. The Principal and Activities Director are responsible for administering this policy and declaring a student ineligible. The Principal and Activities Director will conduct a thorough investigation prior to reporting findings in the case.
3. Written notification of a student’s ineligibility and the reason for such should be provided to the parent, student, and the coach/advisor.
4. Serving a penalty: Students who are not in good standing due to suspension, expulsion, injury, illness, family vacations, etc are not able to be placed in a game, meet or contest and are therefore not able to count those contests toward the penalty).
5. A copy of this notification must be kept on file in the High School Activity Director’s Office until the student graduates. All and any paperwork will be shredded immediately after the student no longer participates.

## **\*MOOD-ALTERING CHEMICALS - Reference MSHSL Bylaw 205**

Twelve (12) months of the year, a student shall not at any time, regardless of the quantity: (1) use or consume, have in possession a beverage containing alcohol; (2) use or consume, have in possession tobacco; or, (3) use or consume, have in possession, buy, sell, or give away any other controlled substance or drug paraphernalia, (4) use or consume, have in possession, buy, sell or give away products containing or products used to deliver nicotine, tobacco products and other chemicals. “Tobacco products” means: any product containing, made, or derived from tobacco that is intended for human consumption, whether chewed, smoked, absorbed, dissolved, inhaled, snorted, sniffed, or ingested by any other means, or any component, part or accessory of a tobacco product, (5) use or consume, have in possession, buy, sell or give away any substance or product where the intent of such use of the substance or product is to induce intoxication, excitement, or stupefaction of the central nervous system, except under the direction and supervision of a medical doctor. Such substance or products shall include, but are not limited to, synthetic drugs, gasoline, glue, aerosol devices, bath salts, and any substances addressed by Minnesota or Federal law.

## **Student Code of Responsibilities - Reference MSHSL Bylaw 206**

*As a student participating in my school's interscholastic activities, I understand and accept the following responsibilities:*

1. I will respect the rights and beliefs of others and will treat others with courtesy and consideration.
  2. I will be fully responsible for my own actions and the consequences of my actions
  3. I will respect the property of others.
  4. I will respect and obey the rules of my school and the laws of my community, state and country.
  5. I will show respect to those who are responsible for enforcing the rules of my school and the laws of my comm., state and country.
- A student ejected from a contest shall be ineligible for the next regularly scheduled game or meet at that level of competition and all other games or meets in the interim at any level of competition, for the first ejection. All subsequent ejections shall result in ineligibility for four (4) regularly scheduled games or meets. This suspension can be deemed longer or shorter based on the violation and is up to the discretion of the building principal.

## **SEXUAL/RACIAL/RELIGIOUS HARASSMENT / VIOLENCE and HAZING - Reference MSHSL Bylaw 209.00**

A student shall not engage in the sexual, racial, religious harassment, violence or hazing during the school year or any portion of an activity season that occurs prior to the start of the school year or after the close of the school year.

Reporting Procedures:

1. Any person who believes he or she has been the victim of sexual, racial, religious harassment, violence or hazing or any person with knowledge or belief of conduct, which may constitute hazing, shall report the alleged acts immediately to an appropriate school district official designated by this policy.
2. The building principal is the person responsible for receiving reports of sexual, racial, religious harassment, violence or hazing at the building level. Any person may report hazing directly to a school district human rights officer or to the superintendent.
3. Teachers, administrators, officials, volunteers, and employees of the school district shall be particularly alert to possible situations, circumstances or events which might include sexual, racial, religious harassment, violence or hazing. Any such person who receives a report of, observes, or had other knowledge or belief of conduct, which may constitute sexual, racial, religious harassment, violence or hazing, shall inform the building principal immediately.
4. Submission of a good faith complaint or report of sexual, racial, religious harassment, violence or hazing will not affect the complainant or reporter's future employment, grades or work assignments.

## **Reprisal**

**The school district will discipline or take appropriate action against any student, teacher, administrator, volunteer, coach, official contractor or employee of the school district who retaliates against any person who makes a good faith report of alleged sexual, racial, religious harassment, violence or hazing or against any person who testifies, assists, or participates in an investigation, or against any person who testifies, assists or participates in a proceeding or hearing relating to such sexual, racial, religious harassment, violence or hazing. Retaliation includes, but is not limited to, any form of intimidation, reprisal or harassment.**

**FAIR HEARING PROCEDURE — The League Constitution provides a Fair Hearing Procedure for the student or parent contesting a school's determination of ineligibility for a student. The student has 10 calendar days in which to appeal the school's decision. The appeals process includes an appeal before a hearing panel at the school and the right, if desired, to appeal that decision to the League's Board of Directors. An independent hearing examiner will hear the appeal and make written findings of fact, conclusions and a recommendation for the Board of Directors following the hearing. The Board's decision shall be final. A complete listing of the Fair Hearing Procedure may be obtained from the athletic director or principal of the high school or on Web at [www.mshsl.org](http://www.mshsl.org) in the Publications section.**

## **First Offense**

1. After confirmation of the first violation, The student shall lose eligibility for the next two consecutive interscholastic contests or two weeks, 14 calendar days, whichever is greater, of a season in which the student is a participant. Students must remain during the season and finish the season in good standing in order for the penalty to be considered served.
2. The student shall make arrangements with the respective coach or advisor to establish a plan for reentry with the team or group.

**A team/group/club, in conjunction with the coach/advisor as well as the knowledge and approval of the activities director and principal, may increase the severity of a penalty. The coach/advisor shall clearly communicate in writing any changes or additional consequences to the parents and students prior to the season.**

## **Second Offense**

1. After confirmation of the second violation, The student shall lose eligibility for the next six consecutive interscholastic contests or three weeks, 21 calendar days, whichever is greater, in which the student is a participant. Students must remain during the season and finish the season in good standing in order for the penalty to be considered served.
2. The student shall make arrangements with the respective coach or advisor to establish a plan for reentry with the team or group.

## **Third Offense (and subsequent):**

1. The student shall lose eligibility for the next 12 consecutive interscholastic contests or four weeks, 28 calendar days, whichever is greater, in which the student is a participant. Students must remain during the season and finish the season in good standing in order for the penalty to be considered served.
2. The student shall make arrangements with the respective coach or advisor to establish a plan for reentry with the team or group. A student who chooses to become a participant in a treatment program may become eligible for participation after a minimum period of six weeks after entering treatment if all of the following conditions are met:

a) The student is assessed as chemically dependent, enters treatment voluntarily, and the director of the treatment center certifies that the student has successfully completed the treatment program.

d) The treatment option cannot be used for the first or second violation. Successful completion of a chemical dependency treatment program will satisfy only the most recent violation. Any other violations for which the penalty has not been satisfied must still be served in full.

### **Penalties for Category II Activities and Clubs**

Definition - Category II Activities: Those League-sponsored activities in which a member school does not have a schedule of interscholastic contests, exclusive of League-sponsored tournaments. Includes Fine Arts Activities:

1. Speech, Debate, Drama, Knowledge Bowl, Robotics, and Math Team, and One Act Play
2. Music Activities.
3. Visual Arts Activities. Each member school shall develop penalties which it will apply to the participants in these activities.

**Denial Disqualification:** A student shall be disqualified from all interscholastic athletics for nine (9) additional weeks beyond the student's original period of ineligibility when the student denies violation of the rule, is allowed to participate and then is subsequently found guilty of the violation.

**I understand that this policy works in conjunction with the MSHSL policy and will supersede the State League's policy.**

**There also may be other ramifications due to the violation, some being, but not limited to: consideration being eliminated for All Conference, Team Captain, Team Awards, and School Awards.**

## **ISD #709 Academic Eligibility**

### **A. Academic Eligibility - (Including enrollment at ALC, AEO, CITS, Homeschool or another online school)**

At the conclusion of each grading period, a student cannot have an F on a report card and must not have a "U" in conduct given by the administration. If a student receives an F on a report card, the student is ineligible as described below. Students must be making progress towards graduation.

No "F" for a grade period or final grade for a class.

### **B. Ineligibility Status**

Ineligibility is described as a period of time in which the student **may practice but not participate in activities/games/contests**. Grades will be reviewed the Friday of the fourth week of the marking period.

- The student must have no F's and no administrative "U" in conduct on that day to gain eligibility.
- For **consecutive grade period violations**, a student is **ineligible** to participate until the issuance of the next report card.
- Ineligibility is described as a time the student may continue to practice but may not participate in varsity games or contests.
- If an "F" is changed to a passing grade, the student can become eligible immediately
- An "I" is considered a failing grade. If the "I" is changed to a passing grade, the student may gain eligibility.
- An "NC" will be equivalent to an "F" for purposes of eligibility

### **Fall 2022:**

**Note:** Students may no longer take summer school to regain eligibility from a class failed in the spring. Q4 determines eligibility and not semester final grade.

Eligibility review date for students who failed a class in Quarter 4 of the previous school year

Eligibility review date – **September 16**

End of 1<sup>st</sup> grade period November 4

### **Winter 2022-23:**

\*\*Eligibility review date for students who failed a class in Quarter 1 – **December 2**

End of 2<sup>nd</sup> grade period – January 19 (All grades checked when report cards are issued)

\*\* Eligibility review date for students who failed a class end of Quarter 2 – **February 10**

End of 3<sup>rd</sup> grade period – March 31 (All grades checked when report cards are issued)

### **Spring 2023:**

\*\*Eligibility review date for students who failed a class in Quarter 3– **April 28**

**\*\*End of 4<sup>th</sup> grade period – June 8 (All grades checked when report cards are issued)**

**Note:** *A student who fails a class during the fourth grading period, but passes the class for the semester will be ineligible in the fall. Students may not take summer school to regain eligibility from a class failed in the spring. Term grades only count when considering penalties.*

**Note:**

- *A student who fails a class during the fourth grading period, but passes the class for the semester will be ineligible in the fall.*
- *Students may no longer take summer school to regain eligibility from a class failed in the spring. Term grades only count when considering penalties.*

### **Credit Eligibility**

At the conclusion of the first semester and end of the school year, students must be making satisfactory progress toward graduation based on the credit schedule listed below. If a student falls below the credit requirements, they may be deemed ineligible for a period of time as determined by the building principal.

1. Incoming 10th grader (sophomore) – 5.00 credits, 7.875 credits at semester
2. Incoming 11th grader (junior) – 10.50 credits, 13.62 credits at semester
3. Incoming 12th grader (senior) – 15.75 credits, 18.875 credits at semester
4. 21.5 credits needed to graduate for the class of 2023 and 2024; 22.50 credits to graduate for the class of 2025 and beyond

- Have not dropped out of school or repeated a grade while in high school and will not participate in more than six (6) seasons in any sport in grades 7-12
- Will not have turned 20 before the start of the season in which I participate.

### **Less Than A Normal Course Load**

All students must be fully enrolled (as defined by the Minnesota Department of Education) – minimum of four classes and one study hall. This includes students enrolled in PSEO classes. Students must be on track to meet the school's graduation requirements in six years (12 consecutive semesters) beginning with the first day of attendance in the 7<sup>th</sup> grade.

### **Special Education Programs**

These rules are applicable to students enrolled in Special Education programs; exceptions, with regard to academic performance and conduct, would be noted in the student's Individual Education Plan (IEP). An IEP cannot make exceptions to established academic standards.

### **ISD 709 Alternative Learning Center (ALC)**

Students fully enrolled in ALC may participate at East or Denfeld where their attendance area resides.

### **Administrative Prerogative**

The Principal reserves the right to declare a student eligible or ineligible for any appropriate period.

### **Home School Eligibility is based on State Statute**

- Student must reside in the school's home attendance area (ie - Denfeld or East)
- Home school must be registered with ISD 709

### **Online Eligibility**

- Students enrolled in an online school like Academic Excellence Online (Duluth Public Schools) or Minnesota Virtual Academy (MNVA), are fully eligible at either East or Denfeld - where their attendance area resides.
- If a student enrolls at an online charter school (Minnesota Transitions/Connections Academy) then that student is eligible to participate at that charter school.
- Not all online schools are created equally in the eyes of the MSHSL. Contact the activities director at East or Denfeld if you have any questions.

### **Cooperative Agreements**

It is School District policy that ISD709 does not participate in cooperative agreements with charter or private schools. This is a decision by the school board.

- We do not offer cooperative sponsorships or articulation agreements with private or charter schools, they would take opportunities to participate away from our own students.
- Students enrolled at other schools would be eligible at their own school, or if they form a co-op with another MSHSL school.
- This includes students from; Edison, Marshall, Lakeview Christian Academy, Holy Rosary (and other parochial schools), Stella Maris High School, Harbor City, Online Charter Schools, and Montessori etc. Students from these schools are eligible at their school only, not Denfeld or East