

Boys Soccer Handbook

Boys Soccer Website: BHSBSOCCER.ORG

All Conference Schedules and Maps to fields are posted at:
[Northwest Suburban Conference Schedule](http://www.northwestsuburbanconference.org/g5-bin/client.cgi?G5genie=2)
<http://www.northwestsuburbanconference.org/g5-bin/client.cgi?G5genie=2>

Table of Contents Scroll down to see items or click on the link in the table below.

Philosophy	Qualities of a Successful Athlete	Fundraising	MSHSL Penalties
Tentative Start Dates	Sportsmanship	Fundraising Incentives	BHS Penalties
Mandatory Items	Coaches	Jobs	Disqualifications
Team Organization	Equipment	Game Nights	Injuries
Tryout Process	Uniforms	Bus Policy	Nutrition
Training	Team Academic Policies	Lettering	Problem Solving
Training Code of Conduct	Coaches Expectations	Captains	Problem Solving Procedure
Player Development	Player Expectations	Team Eligibility	Social Media

Blaine Boys Soccer Philosophy:

The Blaine High School Boys Soccer Program is dedicated to fostering integrity, discipline, determination, and positivity among our student-athletes, parents, coaches, and our school staff. We prioritize both team and individual success, emphasizing competitiveness, sportsmanship, and enjoyment. Our commitment extends beyond the field, valuing family, faith, and academics above all else. While soccer is important, it is equally crucial to maintain a balance with other commitments. With support from coaches, teammates, and parents, we aim to create a fulfilling and successful season for all.

Together we can make this Blaine High School soccer season an outstanding experience for all!

Tentative Start Dates - [Provided by the Minnesota State High School League](#)

Fall Season	2026-27	2027-28	2028-29	2029-30
Start Date	08/16	8/14	8/13	8/12
Tryout Dates	8/16, 8/17	8/14, 8/15	8/13, 8/14	8/12, 8/13

Mandatory Items to have before you can participate in tryouts, practices and games are as follows:

Blaine Boys Soccer	8 Things You MUST Have Completed & have to Participate in BHS Soccer	
Tryout Fee Information Form Available Now	- Read the Boys Soccer Handbook Register and pay for Tryouts.	
Registration Begins August 1	Register, Pay, Complete Eligibility Form for Blaine High School Soccer. Directions to Register - Current Physical on File at Blaine High School (Form if Needed) (This usually follows incoming 9th graders from Middle School) - Physicals are good for 3 years (they will need to be valid through 11/30/2022) - Sports physicals can be emailed to: Molly.Gamble@ahschools.us	
Must Haves	- Size 5 soccer ball that holds air or bring a pump Shin guards with the NOCSAE Stamp or Tag - Your OWN Water to stay hydrated ½ - 1 gallon suggested. - Be positive, ready to work hard, and be willing to learn! - Height appropriate shin guards (All shin guards must have tag on them)	Manufacturer Certifies MEETS NOCSAE  STANDARD®

Team Organization: There are 4 teams at the high school. 9th Grade, B-Squad, Junior Varsity and Varsity

Teams	Players are ...	Mixture of Grades	Club Teams
Varsity	Top 16-18 highest skilled players	9-12	None during HS Season
JV	Next 16-18 highest skilled players	10-12	None during HS Season
B-Squad	Next 16-20 players	10-12	None during HS Season
9th	Keep 9th Graders together for the most part.	9	May participate in both.

If we are short 9th Graders we May accept 8th Graders but ONLY if Needed to fill the 9th Grade team.

- 8th Grade players will be limited to playing on ONLY the 9th Grade Team.
- A highly skilled 9th grader that is moved up to a higher team will no longer be eligible to participate with the 9th Grade team or play for another team during the high school fall soccer season.

Please note that High School Soccer is much like US Club Soccer.

- Players will be placed on teams according to the coaching staff's evaluations after tryouts.
- B-Squad, JV, and Varsity may be moved as needed or deemed appropriate by the coaching staff.
- 9th graders will usually play with the 9th grade team.
 - If a 9th grader is skilled enough to make the top 16 players they will be asked to play on the Varsity team.

Tryout Process

- Started this past spring with progress report sent by me to the entire staff for each player.
- Two (2) Days of tryouts.
- **Academics and Behavior will Play a role!** (Read more by clicking on the link.)
- **ALL** players have an equal opportunity to be seen with all the players in our program.
- All 5 coaches will be evaluating every aspect of tryouts.
 - We are looking for players that have a GREAT ATTITUDE, excel in the classroom, have both technical and tactical soccer abilities along with speed, strength, and stamina.
 - Make sure to do your **BEST** and have a **GREAT** attitude and you will do just fine.
- After the second day of tryouts, players will be told the following:
 - Would you like to accept the position?
- We do not have a spot on a team at this time.
 - Would you like us to call you if a roster spot opens up.

Sometimes this process will take longer and may go until the 2nd Monday with the JV and Varsity players.

We may ask some JV/Varsity bubble players to join us at the Jamboree on Saturday from 8:00 - 1:00 pm.

Each tryout session consist of the following:

- Bengal Warm Up, Small sided games/drills, 11 v 11 scrimmages, and Conditioning

Missing Tryouts: We can **NOT** hold spots for players that do not attend tryouts.

We can **NOT** hold spots for players. Our tryouts are scheduled a year in advance for all to see. We plan to give ALL players 2 days of tryouts and inform them if they made a team by Tuesday evening. Sometimes this process will take longer and may go until the 2nd Monday.

- If our teams are not full we will allow players who miss tryouts to get signed up, pay the fee, and participate in a 1-day tryout with their grade level coach. That coach will evaluate the player and communicate if they will be on that team, move up, or be cut.
- National Team and Professional Team Players who miss tryouts to get signed up, pay the fee, and participate in a 1-day tryout may get a 1-day tryout with the Varsity Team. The coaching staff will evaluate the player and communicate if they will be on that team, placed on a lower team, or be cut.

All players must complete five full practices before they are allowed to play in a game.

Training:

- Players are expected to be at all training sessions and games.
- Make every effort to schedule doctor and dentist appointments on evenings or weekends.
- If you are not able to be at a training session or game, you must notify your coach before the event.
- If a coach is not notified before the training session or game, it is considered an unexcused absence.
- An individual who misses the training prior to a game will not start in the next game.
- School policy is that you must be in school by 11:00 a.m. to play in a game that night or participate in training that afternoon (school field trips are an exception).
- It is also school policy that an athlete must make every possible attempt to attend all classes.
- It is not acceptable to miss the first couple of classes to "catch up on your sleep" or other homework.

Penalties for missing training sessions:

- **FIRST TIME** - Players will be suspended from the next game.
- **SECOND TIME** - There is no reason to ever have a second time, as the lesson needs to be learned from the first mistake.
 - If it does occur, the player and coach will together examine whether the athlete should or should not continue to be part of the soccer program and team.
 - Appropriate consequences will be determined at that time.

NOTE: Each case will be reviewed individually; final decisions are to be made by the player's coach.

Training Code of Conduct:

Solve the motivation issue. Do not put a coach in the awkward position of making you do the things you have already committed yourself to do. This means trying your best in all activities, scrimmages, and physical conditioning sessions. It means ridding yourself of the many distractions that can prevent you from being properly motivated. Be responsible for pushing yourself beyond your comfort zone as often as possible.

- Always be a few minutes early for training sessions.
- (Varsity) You must always wear the required attire.
- Be open-minded and accept coaching provided.
- Do not wear any jewelry to training.
- Listen to your teammate's questions, comments, or concerns as you may have the same.
- When a coach speaks all eyes must be on that coach.
- Set personal and competitive goals before each training.
- Be positive and supportive of your teammates.
- HUSTLE!!!!

Player Development:

- There are many opportunities for players to develop their soccer skills.
- Our expectation is for players to work year-round to improve. There are many available avenues to accomplish this request.
 - They include: spring/summer tournaments, leagues, camps and of course other sports.
- Players who truly believe in the mission and vision of Blaine High School and Bengal Soccer need to make that kind of commitment if they want to excel in this program.
- As a staff, we are committed to provide the very best opportunities but it is up to you to make that personal commitment.
- Specialization is not the key to a team's success. Research has shown that specialization increases injury and burnout among high school athletes.
- High school student-athletes need variety in order for their minds and bodies to grow to their potential.

Qualities of a Successful Athlete

The following qualities are the primary elements of character we hope to develop and nurture through The Blaine High School soccer experience.

- **Commitment**...to improving yourself, your teammates and the team. This is where the ideals of persistence and dedication come into play. This can be extended to improving your school and your community.
- **Attitude**...toward the game, toward practice, toward the important lessons learned in failure and success. The perspective from which a person approaches their daily life is so important. See the glass as half full (as opposed to half empty)! Attitude is everything in life!
- **Respect**...for your teammates and coaches, for your opponents, for the authority of the officials, and for yourself as a person and an athlete. All human beings have potential and a purpose for being, whether discovered or not.
- **Excellence**...is the hallmark of your efforts, your goal both on and off the field, so that people who know you realize that mediocrity is unacceptable to you.
- **Integrity**...you are your own judge at all times. Nothing you do or say is out of your control. You are responsible for all your actions and words. Be a tough judge!
- **Sportsmanship**...respect and appreciate the challenge the opponent provides, playing hard but fair at all times. Offer a hand to a fallen player and let the quality of play do all the talking. Be a first class player!

Sportsmanship Code of Conduct

“Sportsmanship is an overt display of respect for the rules of sports and for all others – players, coaches, officials and fans.”
(National Federation News, March, 1995, p. 10).

It also presupposes a commitment to fair play, ethical behavior, and integrity. This simply means:

Let the players play

- Players play the game with respect to opponents, officials and coaches.
- Parents watch the game and cheer for the team and your child.
- Coaches encourage players at all times and discipline those who do not comply.

Let the coaches coach

- Players listen and follow your coaches instructions
- Parents respect the coaches decisions
- Coaches set an example for all by being respectful to officials, players, and parents.

Let the officials officiate

- Players do not question calls by word or action
- Parents support the officials decisions
- Coaches speak with officials in a respectful manner at all times.

And let the fans cheer Encouragement!

- Players are respectful of fans. If there is an issue with a fan, inform your coach.
- Parents you are in attendance to watch the team and your child there will be no confronting opponents, officials or coaches. Failure to comply will result in removal from being a spectator.
- Coaches will monitor the fans and model appropriate behavior at all times. If there is a parent that is not in compliance please ask them to leave the field and notify the head coach and the athletic director.

COACHES

Varsity	Berry Arrowsmith	763-238-0919	bhsbsoccer@gmail.com
Assistant	Eric Peterson	763-862-8097	E-Peterson@comcast.net
Keepers	Griffin Dunnigan	952-261-8080	griffin.dunigan@hotmail.com
JV	Neil Martharler	612-345-2052	neilmar01@msn.com
B-Squad	Andrew Burkart	651-308-9859	ajburkart@gmail.com
9th Grade	Gordon Fergeson		

Equipment:

- 2 pairs of socks must be purchased by each player for a \$11.00 fee. They are yours to keep.
- You will be issued an athletic lock and locker to use for the season.
- Towels - It is a good idea to keep a clean one handy in case you need it.
- Training attire: T-shirt, shorts, shin guards, ball, cleats, and socks required.
 - Apparel for practice shall not have logos from summer clubs, or teams, or prohibited advertising.
 - If it says Blaine on it 's OK to wear.

Uniforms:

Will be issued prior to the first game.

- You are responsible for taking care of them and keeping them clean.
- Uniforms are for games **ONLY! Not for practices or to use as a Phy Ed uniform!**
- All Uniforms must be **CLEAN** and turned in on the scheduled day.
 - **Failure to do so will result in forfeiting ALL post season awards (Certificate of Participation, Letter, All Conference, All State, etc...) and you will be fined \$25.00 for equipment that is turned in late or dirty.**
- You will also be charged for all lost equipment at the following costs:
 - \$50.00 per jersey
 - \$25.00 for shorts
 - \$25.00 for scrimmage vest
 - \$10.00 for a lock.
- You will **NOT** be issued a uniform the following year until all fines are paid.
 - In addition, if you turn in a dirty or dingy uniform you will be issued that same uniform every year you play. In short, take pride in your uniform and keep it clean!

Soccer Coaches Expectations:**1. High Standards = High Respect**

- When a coach is "calling out what others ignore," it means they are actually watching you.
- Most people in life will let you be average because it's easier for them.
- A coach who pushes you **respects your potential** enough to tell you the truth.
- You aren't being picked on; you're being "polished."

2. Building "Mental Armor"

- When a coach pushes you they aren't being mean—they are building your **resilience**.
- In the "real world," the clock doesn't stop because you're tired or having a bad day.
- Your coaches are giving you a mental advantage over every opponent who folds when things get tough.
- You are learning to win even when you don't feel 100%.

3. Choosing Progress over Praise

- Praise feels good for five minutes, but **progress** lasts a lifetime.
- A "babysitter" keeps you happy but leaves you unprepared for the next level (College, Pro, or Career).
- You are getting a "competitive upgrade."
- While other players are being coddled and staying the same, you are actually evolving.

4. Preparation for the "Big Stage"

- Growth isn't pleasant because it requires breaking down old habits to build better ones.
- The discomfort you feel today is just the "rent" you pay for the success you want tomorrow.
- Every time your coaches demand more, they are saying:

"I see a version of you that is a champion, and I'm not going to let you settle for less than that."

When the Coach(es)...	It feels like...	The Reality Is...
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Corrects your small mistakes	Being criticized	They are giving you the "Elite Edge" others miss.
Demands more effort	Being pressured	They see a "Higher Version" of you than you see.
Doesn't offer sympathy	Being ignored	They are teaching you to be "Unstoppable."
Makes things uncomfortable	Being attacked	They are "Training your Character" for the future.

Bengal Soccer Player Expectations:

- Actively participate in Fundraisers.
- Give his best efforts in all training sessions and games, always enhancing, not detracting from his team member's skill development and training atmosphere.
- Always conduct yourself in a respectable manner and remember that you are a representative of Blaine High School and the Bengal soccer team.
- Treat other players and coaches with respect and consideration.
- Always be a few minutes early for school, training, bus trips, and games.
- Strive for excellence in his studies. At minimum, maintain passing grades in all his classes.
- Attend all classes.
- Abide by the training rules – NO USE OF MOOD-ALTERING CHEMICALS (non-prescription drugs, alcohol) or tobacco.)
- Let his coach know when he is unable to be at a training or a game. The coach must be notified prior to the training or game.
- Always put the "team" good ahead of "self-interest."
- ALWAYS show positive sportsmanship. Control temper in training and games (refer to #2).
- Contribute to the team's success by his spirit and conduct in training and games, whether on the field playing or as a substitute on the bench.

Team Academic Policies

- The State High School League requires that students be on pace to graduate in order to be academically eligible for high school athletics. Our soccer program is taking this a step further.
- **Players will have their teachers sign weekly academic progress reports.**
- **Failure to give the report to your coach will result in suspension from all games until it is produced.**
- **If failing a class or classes players will be suspended from all games until their teacher provides documentation that they are passing.**
- **Disrespectful behavior in classes will NOT be tolerated.**
 - **Be on time, follow ALL teacher directions respectfully and be prepared for class.**
 - **Failure to do this after the season may keep you from making a team in the fall.**
 - **Failure to do this during the season will take away playing in games and you may be removed from a team.**

Blaine Bengals Student Athlete Progress Report - Boys Soccer

The boys soccer program wants to make sure that our athletes are performing in the classroom before they step on the playing field. I will be checking grades at the end of each trimester. We will be using that information as a data point in our tryout process. Players will also be using the log below on a weekly basis as soon as school starts. They will take this form to each class and have it signed by each teacher. This will determine if the above player can participate in games the following week.

Player Name: _____

Hour	Class	Teacher	Grade	Respectful				Teacher Signature
1	US History	Mr. Arrowsmith		Excellent	Good	Acceptable	Poor	
2	Phy Ed	Ms. Jones		Excellent	Good	Acceptable	Poor	
3	Algebra	Mr. Kell		Excellent	Good	Acceptable	Poor	
4	Biology	Mr. Kempe		Excellent	Good	Acceptable	Poor	
5	English 10	Ms. White		Excellent	Good	Acceptable	Poor	

Fundraisers:

We as a group must do fundraising to keep the program going. The school pays for refs, nets, game balls, transportation, and 4 coaches. Everything else we as a group must pay for. Fundraising is not an option it is a necessity all players must participate. Fundraising is due the 3rd Monday of September.

Fundraiser Type	# requesting to sell	Profit
Online Fundraiser	20 Contacts	\$ 200.00
Butter Braids	12 Butter Braids	\$ 50.00
TOTAL	41 items	\$250.00

Jobs:

Some players attempt to keep part-time jobs during the soccer season. It is strongly discouraged. With schoolwork, the intensity of the season, the need to spend time with your family and the necessity for some unstructured time to maintain "healthy" living, it becomes almost impossible to fit a job in. If, however, a player does have a job, it may NOT interfere with training and games.

Game Nights - Away-Games:

- Players will wear their White uniforms and White Socks to away matches.
- Buses will take players to and back from all away games.
- Departure times vary depending on the distance and will be posted on the schedule.
- Players are responsible for being on time.
- If a player misses a bus, **DO NOT DRIVE** to the match because you will **NOT PLAY** anyway.

For bus rides to away games this will be policy.

- Phones and other electronic devices are to be in your bag on the way to the game. You may use them on the way home.
- Once at the opponent's school, we must remember that we are "guests" of the school and act accordingly.
- All players must ride the team bus to and from the game.
- Exceptions may be given by the coach in charge in extreme instances.
- Please do not ask coaches if they can make bus-riding exceptions prior to the trip. These must be taken care of by the AD at least a day before.
- Do not ask to ride home with your girlfriend or friend's parents, etc.

Lettering Requirements:

- member of the varsity squad both in training and in games
- play in at least half of the games during the season
- work hard at training and games.
- must be a team player and a positive asset to the team - skill, attitude, enthusiasm, support, etc.
- must abide by the M.S.H.S.L. and Anoka-Hennepin District 11 eligibility rules
- consistently display good sportsmanlike behavior
- senior who has been a faithful squad member for 4 years
- coach's decision

Team Captains

At the end of each season the players will nominate two players that will be seniors the following year for the positions

of being team captains for the upcoming year. All players that wish to cast their nomination must be present on uniform collection day. NO ABSENTEE NOMINATIONS WILL BE ACCEPTED. The coaching staff will look at the nominations and make the final decision of the captains by using the criteria listed below as a guide. As coaches we are looking to a captain(s) to possess these positive traits that will allow you to gain the respect of your teammates, coaching staff, the officials and your opponents. Learning to harness these skills in life will ensure your success for years to come.

- People Skills - has strong interpersonal skills and gets along well with others
- Leadership - takes responsibility early on in team development
- Actions - leads by being the first one on the field for warm up encouraging players, etc
- Organization Skills - initiates actions to accomplish team goals (poster making, helping select uniforms, creating a team slogan or themes, etc.)
- Strong On-field Presence - encourages all to perform their best
- Role Model - models appropriate behaviors for teammates
- Conflict Resolution - resolves conflicts and re-focuses the team on their goals
- Respect - acts and treats others with respect
- Personal Character - exhibits character, integrity and commitment
- Sportsmanship - displays good sportsmanship at all times toward opponents, officials, coaches, and spectators

The following negative traits will be highly detrimental to the success of the team and limit your chances to become a captain.

- Bosses others around
- Is late for practice or team functions
- Is emotion driven-insists on having their own way
- Subscribes to the notion of "do as I say, not as I do"
- Forms cliques among players
- Gives minimum of effort in practices
- Ignores the younger and less skilled players
- Does not demonstrate serious behavior during match play
- Is consistently concerned with personal play rather than team performance
- Does not gather the team to focus on team issues
- Does not take a lead role in fundraisers

Team Eligibility Rules:

- The eligibility rules are set up by the Minnesota State High School League, the Anoka-Hennepin School District and endorsed by this soccer program.
- Each of you, by signing the rules form, have made a commitment to refrain from smoking, drinking alcoholic beverages, or taking, buying or selling non-prescribed drugs.
- This is a serious commitment you have made to yourself, your teammates, parents and coaches and should not be taken lightly.
- As an athlete, this is a year round commitment, not just during the soccer season or school year. Remember - right and wrong are not to be determined by whether an individual is caught or who else is doing something. Make wise choices and help others to do the same.
- If there is a confirmed violation by a player, penalties will be served by the athlete, predetermined by Anoka-Hennepin District 11, the Minnesota State High School League, and the Blaine High School Boys Soccer Program.
- If you are at a party where alcohol is being served, it becomes an "unlawful" event and you must leave right away.
- Your leaving will encourage a "weaker" athlete to say "no" and leave as well.
- These rules are also in effect for unlawful activities in the community and abiding to school rules as well. We are promoting good citizenship in our program.

PENALTIES SET BY THE HIGH SCHOOL LEAGUE ARE AS FOLLOWS:

- 1st infraction: two weeks suspension or two events, whichever is greater.

- 2nd infraction: six events and professional counseling required.
- 3rd infraction: chemical dependency treatment program required.
 - Students may be certified for reinstatement in MSHSL activities after a minimum of six weeks.

PENALTIES SET BY THE BLAINE HIGH SCHOOL SOCCER PROGRAM ARE AS FOLLOWS:

- 1st infraction: Forfeiture of all post season Team and Individual awards and honors.
 - (Captain, MVP, Most Dedicated, Most Improved, All Conference, All Metro, All State, All American)
- 2nd infraction: Removal from team due to the shortness of our season.
- Athletes with violations that have not played in the soccer program are not allowed to serve a violation during the soccer season.

A violation in personal and team commitment breaks trust, which is very difficult to re-earn.

- If you are unable to make a sincere commitment to abide by the team eligibility rules do not come out for the team.
- We will discuss this issue at the beginning of the season and regularly throughout.

Policy for Disqualified Players:

- Any player disqualified from the game for any reason, including a soft Red Card (2 yellow), shall be disqualified from that game and the next game of that season. Application of the following progressive game disqualification structure applies throughout each season, including playoff games:
 - 1st disqualification - that game and any others that day plus the next scheduled game (MSHSL) + 1 game BHS Boys Soccer Rule. (The coaches do have discretion to waive the additional game.)
 - 2nd and all subsequent disqualifications - that game plus the next four scheduled games in that sport. (MSHSL) + 4 games additional games for BHS Boys Soccer policy.
 - BHS Boys Soccer Addition: **forfeiture of all post season awards**
- Use of ineligible player(s) following a game disqualification.
 - The score book shall indicate that a player was ejected in the previous game.
 - Game officials shall check the Varsity and JV score books prior to the start of each game.
 - Penalty for use of an ineligible player shall be enforced and result in an automatic forfeiture of game.
 - A complete report of the violation must be submitted to the League Office.

Injuries:

Soccer is generally a safe sport. Injuries unfortunately do occur at times. Common soccer injuries include sprained ankles, bruises, blisters, etc. If you do have an injury, make sure your coach is notified right away so proper care may be given as quickly as possible. Eric Riesberg is our school trainer provided by TCO (Twin Cities Orthopedic) and he is available after school every day to assess injuries and to help rehab them as well.

Nutrition:

Pre-game: A good pre-game meal consists of carbohydrates and should be consumed three to four hours before game time. Avoid proteins and sugars, as they are hard to digest. Pancakes, pasta, and breads are examples of good pre-game foods. A good diet and plenty of rest are essential. The meal consumed the night before the game is very important. The drinking of fluids during the week and the night before the game is very important.

Problem Solving:

- It is best to encourage your son to work through problems on his own whenever possible.
- If a player is having trouble with his teammates or with his coach, sometimes the only thing required is a little time.
 - When a cool-down period doesn't solve the problem, players are encouraged to talk to their coach.
 - Players should remember that good timing and a respectful attitude always brings about better understanding.
- At times it becomes necessary for parents to discuss their concerns with the coaching staff. As coaches, we are always willing to spend time speaking with parents. We ask that...
 - Your son has spoken with us first.

- Approach us at an appropriate time.
 - Before or after games is not the right time to talk about problems.
- It is best to set up a time by phone or in person, to establish a good time to talk over your concerns.

Procedure for handling Problems that arise:

Steps	Directions	If not satisfied after the conversation ...	Phone
1	Have your son talk to his coach.	Move to #2	
2	Parents/Guardians talk to the coach.	Move to #3	
3	Talk with coach Arrowsmith.	Move to #4	612-440-0465
4	Talk with Mr. Gerrety the Athletic Director.	Move to #5	763-506-6500
5	Talk with Mr. Paske the BHS Principal		763-506-6500

Social Media Guidelines for Student-Athletes:

Dear Blaine High School Boys Soccer Student-Athletes,

As you begin participation in another athletic season, the Athletic Department of Blaine High School and our coaching staff want to make sure you are aware of the revised social networking guidelines. The Blaine High School Boys Soccer Program recognizes and supports the student-athletes' rights to freedom of speech, expression, and association, including the use of social networks. In this context, however, each student-athlete must remember that playing and competing for The Blaine High School Boys Soccer Program is a privilege. As a student-athlete, you represent the Blaine High School and Anoka-Hennepin Public Schools and the communities that surround Blaine High School and you are expected to portray yourself, your team, and the School District in a positive manner at all times.

Below you will find the new social networking guidelines which provide the following guidelines for social networking site usage:

- Everything you post is public information – any text or photo placed online is completely out of your control the moment it is placed online – even if you limit access to your site. Information (including pictures, videos, and comments) may be accessible even after you remove it. Once you post a photo or comment on a social networking site, that photo or comment becomes the property of the site and may be searchable even after you remove it.
- What you post may affect your future. Many employers and college admissions officers review social networking sites as part of their overall evaluation of an applicant. Carefully consider how you want people to perceive you before you give them a chance to misinterpret your information (including pictures, videos, comments, and posters).
- Similar to comments made in person, the Blaine High School Soccer Program, Blaine High School and Anoka-Hennepin Public Schools will not tolerate disrespectful comments and behavior online, such as:
 - Derogatory language or remarks that may harm my teammates or coaches; other Blaine High School Boys Soccer student athletes, teachers, or coaches; and student-athletes, coaches, or representatives of other schools, including comments that may disrespect my opponents.
 - Incriminating photos or statements depicting violence; hazing; sexual harassment; full or partial nudity; inappropriate gestures; vandalism, stalking; underage drinking, selling, possessing, or using controlled substances; or any other inappropriate behaviors.
 - Creating a serious danger to the safety of another person or making a credible threat of serious physical or emotional injury to another person.
 - Indicating knowledge of an unreported school or team violation—regardless if the violation was unintentional or intentional.
- In short, do not have a false sense of security about your rights to freedom of speech.
- Understand that freedom of speech is not unlimited.
- The online social network sites are NOT a place where you can say and do whatever you want without repercussions.
- The information you post on a social networking site is considered public information.

- Protect yourself by maintaining a self-image of which you can be proud for years to come.

1. Blaine High School Boys Soccer Philosophy

- Our program fosters integrity, discipline, and positivity among athletes, parents, and staff. We prioritize

competitiveness and sportsmanship while valuing family and academics above all else. Supported by coaches, staff, and parents, we strive for a balanced, successful, and outstanding experience for every member of our program.

2. Team Structure & Eligibility

- Players are placed based on coaching staff evaluations.
- 9th graders who make a higher team than 9th grade, can't play on the 9th grade team.
- **Player Movement:** Movement between 9th, B-Squad, JV, and Varsity may occur during the season.
 - These are referred to **Guest Players** in Playmetrics.
- **8th Graders:** May be used to fill the 9th-grade team.

Varsity	Grades: 9–12	Roster Size: 16–22
JV	Grades: 10–12	Roster Size: 18-22
B-Squad	Grades: 10–12	Roster Size: 18-22
9th Grade	Grade: 9	Roster Size: 18-22

3. Tryout Process

- Tryouts last **two days and evaluation will include:**
 - technical/tactical skills, fitness (speed, strength, stamina), academics, and attitude.
- **Format:** Warm-up, small-sided games, 11v11, and conditioning.
- **Attendance:** Spots are **not** held for missing players.
 - **Miss Tryouts:** If roster spots remain, a 1-day evaluation with the grade-level coach may be granted.
 - **National/Pro Players:** May receive a 1-day Varsity evaluation at the staff's discretion.

4. Training & Attendance

- **Requirement:** 5 full practices are mandatory before playing in a game.
- **Expectation:** Attendance at all sessions and games is required.
- **Absences:** Notify your coach *before* the event. Unnotified absences are "unexcused."
- **School Policy:** Must be in school by 9:00 AM to participate that day.
- **Game Penalty:** If you miss the practice before a game, you will not start.
 - **Unexcused 1:** Suspended from the next game.
 - **Unexcused 2:** Review for removal from the program.

5. Problem Solving (Chain of Command)

- **24-Hour Rule:** Do not approach coaches about issues immediately before or after a game.
 - **Step 1:** Player speaks to the coach.
 - **Step 2:** Parent/Guardian speaks to the coach.
 - **Step 3:** Contact Head Coach Arrowsmith (763-238-0919).
 - **Step 4:** Contact Athletic Director (763-506-6500).

6. Codes of Conduct

- **Training Rules (Players)**
 - **Hustle:** Push yourself beyond your comfort zone.
 - **Punctuality:** Be early; "on time" is late.
 - **Focus:** Eyes on the coach when they speak.
 - **Safety:** No jewelry; wear required attire (Blaine/neutral gear only).
- **Sportsmanship (The "Let Them" Rule) (Players, Coaches, Parents and Fans)**
 - **Let the players play:** Respect opponents and officials.
 - **Let the coaches coach:** Respect tactical decisions and instructions.
 - **Let the officials officiate:** Do not question calls.
 - **Let the fans cheer:** Parents must remain positive. Disruptive fans will be removed.

7. Equipment & Uniforms

- **Fee:** \$60.00 for two pairs of socks, and training Jersey (player keeps).

- **Game Uniforms:** For games **ONLY**. Do not wear it for practice or PE.
- **Return Policy:** Must be returned **CLEAN**.
 - **Late/Dirty Fine:** \$25.00 + forfeiture of postseason awards.
 - **Replacement Costs:** Jersey (\$50), Shorts (\$25), Vest (\$25), Lock (\$10).

8. Academics

- **Weekly Reports:** Players must have teachers sign a weekly progress report.
- **Eligibility:** Poor attendance or failing a class results in an immediate game suspension until rectified.

9. Fundraising

- Mandatory for all players to fund program needs (jerseys, equipment). Due 3rd Monday of September.

10. Behavioral Eligibility (Chemical Health)

- A year-round commitment to zero use of alcohol, tobacco, or drugs or breaking the law.
- **Presence:** If you are at a party where alcohol is served, you must leave immediately.

MSHSL Penalties:		Plus BHS Program Penalties:
1st Offense	2-week/2-event suspension.	Loss of all postseason awards/captaincy.
2nd Offense	6-event suspension & counseling.	Removal from the team.

11. Disqualified Players

- Any player receiving a red card (including two yellows) is suspended for the remainder of that game and subsequent matches as follows:

MSHSL Penalties:		Plus BHS Program Penalties:
1st Offense	Rest of game + 1 game suspension.	1 additional game.
2nd Offense	Rest of game + 4 game suspension.	4 additional games Loss of postseason awards/captaincy.

- **Coach:** Coach may waive additional BHS Program Penalties. (Handball, Bad Call, etc...)
- **Ineligible Players:** Playing a disqualified athlete results in an automatic game forfeiture.

12. Injuries:

- Notify your coach immediately of any injury (sprains, bruises, etc.).
- Our athletic trainer, Eric Riesberg from Twin Cities Orthopedic (TCO), is available after school daily for assessment and rehabilitation.

13. Nutrition:

- **Hydration:** Prioritize consistent fluid intake throughout the week and the night before games.
- **Pre-Game Meal:** Eat a high-carb meal (pasta, pancakes, bread) 3–4 hours before game time.
- **Avoid:** Heavy proteins and high sugars shortly before play, as they are difficult to digest.

14. Social Media Guidelines

- **Social media is public and permanent.**
 - Disrespectful comments toward teammates, coaches, opponents, officials, or posts depicting illegal acts (underage drinking/drugs) will result in disciplinary action or removal from the team.
- **Think before you post!**