



AKINS BOYS SOCCER HANDBOOK

The primary purpose of the handbook is to acquaint you with the philosophy and policies of the Akins Boys Soccer Athletic Program

The foundation of the Akins Boys Soccer program is a committed pursuit of excellence in all things at all times. Our players are expected to play with honor, confidence, and courage. They demonstrate the discipline and commitment needed both on and off the field to be excellent. Our style of play is built around a team concept, where possession with a purpose and intelligent soccer is encouraged through creativity, combination play and an attacking mentality.

We want players who will represent our program positively both on and off the field through their attitude, actions and words. It is important that our players develop both on and off the field as student-athletes and leaders. Players are expected to work hard, work smart and work together while displaying a high level of sportsmanship and fair play at all times.

Mental toughness, fitness/speed/strength, technical execution, and tactical awareness are essential for our players. Training sessions are built around these key areas, focusing on soccer specific fitness/speed/strength, speed of play and quality of play, and tactical understanding on both sides of the ball. Team chemistry is expected both on and off the field, as is a high level of commitment and personal discipline.

Our fall pre-season program consists of strength and speed/agility/quickness training along with individual technical work. Our winter/spring season includes a highly competitive schedule against regionally ranked teams. During the winter/spring months, our players follow an in-season strength and technical/tactical training program. Players are expected to train in the post-season and throughout the summer months and return to campus for pre-season in top condition physically, mentally, and technically/tactically.

Class Information:

- Every student athlete must pass in order to play. Weekly grade checks will be due every Thursday or Friday. Simple rule **"No Pass, No Play"**
- The Boys Soccer Athletic class is singled blocked at the end of the school day. (Freshmen on B-Days and Sophomores, Juniors, and Seniors on A-Days)

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- All Students who are enrolled in the class are those that made the JVB, JVA, or Varsity teams last year or incoming freshmen.
- You must have a current physical on file to be in the class by the 1st day of the new school year. (See our trainers Andres Zamora andres.zamora@austinisd.org or Cassandra Campbell cassandra.v.campbell@austinisd.org for physical forms and packets.) Failure to complete/turn in your physical to the trainers may result in dismissal from the athletic period based on the coach's discretion.
- This is a class for student athletes who are planning on trying out for the Akins High School Soccer team.
- This class is physically demanding where we will become better athletes and soccer players.
- You don't have to be in the class to try out for the soccer team, but if you make the team you will need to request to be in soccer class during the spring semester with your counselor. If you are in the class and do not make the team, you will be subject to a schedule change out of the athletic period during the spring semester.
- For any questions regarding the soccer athletic class or the Akins High School Soccer program, please contact Erasmo Vences (512)841-9900 ext 27940 or by email at erasmo.vencesperez@austinisd.org

Athletic Period Expectations:

- All student athletes are expected to participate in ALL activities that occur during the soccer class. (Bring shorts, t-shirt, running shoes AND cleats EVERY DAY.)
- Students are expected to dress out EVERY class period. Students will dress out IN THE LOCKER ROOM, and report to the soccer field (**bring all your personal belongings with you**). Student athlete will get until 3:15pm to report to the workout location (field, weight-room, gym, etc). Failure to report to the field in a timely manner will result in Eagle Reminders as an additional conditioning piece as a consequence.
- All student athletes will undergo a rigorous off season program during the fall and spring semesters when we are not in season. Our off season program will contain the following elements:
 - o Dynamic Stretching/Warm-Up
 - o Circuit Conditioning Training
 - o One of the following Metabolic Conditioning ("MetCon") workouts: As Many Rounds/Reps As Possible ("AMRAP"); Rounds For Time ("RFT"); Rep Scheme (Examples: 21-15-9; 21-18-15-12-9-6-3, etc.)
 - o Strength Training (Ex: Power Lifting, Olympic Lifting, Strongman)
 - o Note: All Athletes MUST participate in our off season workouts. If you miss a workout, you MUST make up that workout. You will not be permitted to participate in any soccer related activities until you have completed all off season workouts. Failure to complete our off season training/make up workouts may result in removal from the class at the coach's discretion.
- Soccer Specific Training Sessions will contain the following elements:
 - o Technical Warm-Up
 - o Small Sided Game
 - o Expanded Small Sided Game
 - o Match/Scrimmage
- Athletes MUST sign up and attend FIT to improve grades Tue-Fri.

In-Season Expectations and Attendance Policy:

- Practices:
 - o We will have practice at the scheduled time unless AISD has canceled all athletic events after school or canceled school for the day. Athletes will also be notified via remind text or email if there is a change in practice plans.
 - o If an athlete is unable to attend practice before school or during the athletic period for any reason, then we ask that the athlete make contact with their coach to explain the reason for the absences.
 - JVB Coach: Michael Mungia michael.mungia@austinisd.org Remind: @_____
 - JVA Coach: Andrew Carroll andrew.j.carroll@austinisd.org Remind: @_____

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- Var Coach: Erasmo Vences erasmo.vencesperez@austinisd.org Remind: @_____
 - “Coach, I am calling/emailing to inform you that I will not be in the athletic period/practice because...”
 - o If an athlete misses the athletic period or a scheduled after school practice, that athlete’s playing time is subject to change based on the coach’s discretion. If the athlete consistently or chronically “no call, no shows” for practice, their role on the team may be adjusted or the athlete may be subject to dismissal from the team based on the coach’s discretion. Simple rule **“No Practice, No Play”**.
- Games:
 - o If a game has to be postponed or canceled. Athletes will be notified via remind text or email of the change. The final decision to cancel or postpone a game is made by the AISD Athletic Directors office.
 - o If an athlete is unable to attend a game for any reason, then we ask that the athlete call, email or send a remind message to explain the reason for the absences.
 - o If an athlete misses a game their playing time is subject to adjustment for the next game, based on the coach’s discretion. If an athlete consistently or chronically misses games, their role on the team may be adjusted or the athlete may be subject to dismissal from the team based on the coach’s discretion.
- Injuries:
 - o In the event an athlete becomes injured during a practice, game, or on their own time we ask that the athlete be seen by our licensed and certified athletic trainers, Coach Reynolds/Coach Campbell, here at Akins. They will diagnose the problem and prescribe the appropriate treatment for the injury to help the athlete get back on the field as soon as possible. They will recommend a doctor visit if the injury requires greater medical attention. The trainers will tell the coaching staff who is able to participate and who is not.
 - o Injury is NOT an excuse to not attend class, practice or games. Show up and support your teammates and coaching staff.
 - o All COVID protocols will be directed to our Akins trainers and follow AISD COVID return to play protocols.

Tryouts:

- You must have a current and valid physical, steroid, concussion, and heart health form on file in the training office before you will be allowed to try out. See the training staff for questions concerning physicals and the related paperwork.
- For athletes who are not in the class, there will be a required grade check form that must be completed and turned into Coach Mungia, Coach Carroll, or Coach Vences prior to tryouts.
- Tryouts will start on Mon-Thu after Thanksgiving break. Tryouts will begin at 4:45 pm sharp and will last till 5:45 pm. You must try out for all 3 days and be on time, to be considered for placement on the JVB/JVA/VAR soccer team.
- Grades are important, if you have repeatedly failed one or more classes for the first two nine-weeks then you may not be considered for placement on the soccer team.
- You will need to bring your own cleats, shin guards, water bottle and workout gear.
- You will be evaluated on your ability to handle physical stress, work ethic, athleticism, soccer skills and tactical play.
- We will field three teams (JVB, JVA, and Varsity). All three teams will carry approximately 22 players. (This number is subject to the coach’s discretion.) Those students who are in the soccer period that are not selected for one of the three teams may be subject for removal from the soccer class.
- At the conclusion of the 3-day tryout either Coach Mungia, Coach Carroll or Coach Vences will notify you as to your position on the soccer team. A “team roster” will be posted on our Akins Boys Soccer webpage. Those that are selected to be a part of the soccer team will be required to make all of the workouts, tournaments and games. If you do not think you can fulfill this obligation, then please do not try out.
- All athletes who make the team will be required to do a fundraiser. This fundraiser is towards game meals, team banquet, etc.

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By signing below, you affirm that you understand the AKINS BOYS SOCCER / AKINS ATHLETIC Handbook and Guidelines for Student-Athletes and the requirements that you must adhere to as an AKINS student-athlete. Also, you affirm that failure to adhere to this policy and guidelines may result in consequences that include suspension from the Akins soccer team.

AKINS BOYS SOCCER / AKINS ATHLETIC DEPARTMENT HANDBOOK CONTRACT PAGE

PARENT SIGNATURE

I, the parent/guardian of _____ have read and understand all of the policies of the Akins Athletics handbook / Akins Boys Soccer Handbook / Parent Code of Conduct.

Parent/Guardian Printed Name

Parent/Guardian Signature

Date

STUDENT SIGNATURE

I, _____ have read and understand all of the policies of the Akins Athletics handbook / Akins Boys Soccer Handbook / Parent Code of Conduct.

Student-Athlete Signature

Date

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