



Fondy Cardinal Soccer Pre-season Booklet

FVA Conference Championships

Boys – 1997.99.2003.04

Girls – 2002.03.05.06.07

WIAA Regional Championships

Boys – 1991. 98. 99.2002.03.04.05.08.09.10

Girls – 1995.99.2000.03.04.05.06.07.08.09.13

WIAA Sectional Championships

Boys – 2003. 04

Girls – 2000.03.04.05

NSCAA Academic Teams

Boys – 2000.01.02.04.05.06.07.10

Girls – 2001.02.03.05.06.07.08.10.11.12.13

Practice

Girls practice – 1st day March 18th, 2013, 3:30pm Fondy High Field house
Girls practices will run from 3:30 to 5:30 after school on most days, girls should plan on inclement weather and dress appropriately.

Boys practice – 1st day August 12th, 8:00am Fondy High practice fields
Boys practices will run from 8 am to noon on most days prior to the start of school, after school starts they will be 3:30 to 5:30.

- All players must have a physical on file. A physical is good for two years if taken after April 1st. The 2nd year of the physical, all players are required to have an alternate year card.
- All players need to have attended an athletic code meeting for the current school year.
- All players need to bring running shoes, indoor shoes, soccer cleats; NFHS approved shin guards, soccer ball, water bottle, and a positive attitude.
- Players must come fit and ready to play. Our season begins quickly and we cannot afford to get players in shape, players need to prepare in the off-season.
- Players must have passed 5 classes in the grading period before soccer begins. Minimum GPA is 1.5 with no F's. Any player with an F is eligible if they pass 5 classes and have a minimum GPA of 2.0.



Physicals are very hard to schedule once practice starts, make sure you take care of this responsibility before the season begins.

Team Selection



- Tryouts will last 3-4 days, after the tryout period is over, teams will be selected.
- Teams will be selected by the coaching staff. The coaching staff will look for players that will be positive representatives of Fondy High. Fitness, Attitude, Playing ability, and commitment will be considered.

We expect our teams to produce a highly competitive training environment.

- Roster sizes: The varsity will be made up of 22 individuals that will come together to form that TEAM. The junior varsity teams will have up to 22 players each. We will fill all rosters if we have the available players. We will attempt to keep every underclassman involved in the program.
- Grades, suspensions, and attitude could factor into the selection process.
- Any player with a suspension will be placed on a JV team to start the season. Exception: A senior entering the year with a violation will be considered as they are not allowed to play JV.

Player Responsibilities

- Compliance with the athletic code
- In addition to any athletic code violation and suspension, any player in violation of a substance issue during a contest or traveling to and from a contest will be removed from the team.
- Closely attending to all instruction
- Maintain a clean locker room, clean cleats off outside and no cleats on in the building.
- Treat opponents, teammates, and referees with respect.
- Bring necessary equipment to practice: Balls, shin guards, cleats, etc...
- The teams will have behavior and attendance rules – violations will be dealt with individually by the coach. Players in violation of these rules may face playing time penalties.

Attendance

- 100% attendance is required
- Absences are very rarely excused. For each unexcused absence, there may be a game time penalty.
- Work is not excused.
- School related functions are excused, family vacations are not. If you are gone for an extended period of time others may move ahead of you. This is not a punishment; it is the nature of athletics.
- Make every effort to schedule any appointments to not conflict with practice or competition.

Cardinal Soccer Booster Club items



- 100% attendance of players and parents will be expected at the annual "Kick-Off".
- Girls Kick-Off 2013, Monday March 25, PAC 6:30pm
- Boys Kick-Off 2013, Monday August 18th, PAC 6:30pm
- The Athletic Department requires a \$40 participation fee, paid to the high school office, checks to FHS Funds.
- All other fees will be paid at the Kick-Off.
- Spirit fee \$60, includes t-shirt, socks, team building activity. Fundraiser , others TBD

Playing Time



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- Varsity - playing time is determined by the head coach. The coach will make all decisions regarding playing time. Playing

time is not a topic that will be discussed with parents. Playing time and expectations will be communicated to the players. It is a general rule that with a score differential of 3, that free substitution will take place the last 20 minutes of the contest.

- Junior Varsity teams – These levels are looked at as developmental by the coaching staff. Every attempt will be given to get all players into the game. Time will be based on practice performance, attitude, and ability. It will be given in a manner that will keep the game competitive.

Awards



- Varsity players will earn a Fond du Lac Athletic letter certificate if any of the following criteria are met:
 - 400 minutes of varsity play
 - Appear in ½ of regular season contests
 - Team reaches the Sectional Final

The first year they will also receive their chenille “F”. Varsity players that do not reach the above criteria will be considered based on their contribution to the competitive environment in practice. Varsity players can be considered for all-conference and all-state honors which are voted on by other coaches.

- All levels will vote on the following awards: Most Valuable, Most Dedicated, Most Improved, and Unsung Hero. The varsity will also for on Rookie of the Year and Always Compete Award. Each coach will pick a player for the Cardinal Award.
- Players who receive an athletic code violation will be ineligible for all-conference awards and will not be considered for captaincy.
- Varsity Captains will be selected by the coaching staff based on a player’s ability to lead and set positive examples for their teammates. Captain candidates will have to show leadership off the field as well as on.
- Any code violation during the season will prohibit the players from receiving a varsity letter or any of the awards handed out by the team.

Travel and Bus Behavior



- When traveling, leave class at the assigned time.
- Always conduct yourself with class
- You are representing Fondy High, the Fond du Lac Community, and the Cardinal Soccer Program when we travel. Conduct yourself accordingly.
- Maintain a clean environment.
- Players will ride to matches and home from matches with the team. Excused from this will be at the discretion of the coach. Must be very important to not ride with the team.

Miscellaneous



- Uniforms should be washed at home in cold water and tumble dried. Warm-ups should be treated with care.
- All players are responsible for equipment and general care.
- Any equipment not returned at the end of the year will result in failure to receive post-season awards, a fine of a flat \$75.00 fee for replacement.
- Practices require the players to have on hand both indoor and outdoor gear; all season to account for bad weather.
- Shin guards must have the new NSCOAA stamp and be height appropriate.
- On game days, players are required to wear some form of Cardinal soccer apparel, warm-up, t-shirt, or designated apparel decided upon by the team.
- Teams will have some spaghetti dinners, this is a practice, players are required to be at these functions unless they clear it with their coach ahead of time.
- There will be an end of the year banquet, for players and parents, please make sure it is on your schedule.
- There is a chain of command in the Cardinal Soccer program. At all times the player needs to address his/her coach with any concerns. A meeting with a parent will not be a possibility unless the player has met with the coach first. Communication is the key here and we will follow those lines of communication.
- If you (the player) have a concern with a coach, talk with the coach directly first. If you still have a concern after you meet with the coach, call Coach Winkler and set up a face to face meeting. Playing time is based on the needs of the team not the player. Some players may not get much playing time during a competitive season; the coach will let them know areas of improvement. Playing time, however, is determined by the coach, based on the assessment of the game conditions and player's ability to compete.
- Club conflicts seem to be a problem of late. Players are not excused from practice or games due to any club commitment with another sport.
- WIAA prohibits players from competing in the same sport during the same season. Please communicate with your coach any club or other athletic pursuits.

Scholastic Expectations

- All players must maintain a credible GPA. It is the students Responsibility to notify the coach of any extra consideration for scholastic needs. We will attempt to earn NSCAA scholastic recognition – team GPA required is 3.25, do your part.

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