



Eagle Men's Soccer Program

Handbook

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Program Handbook

Biography

My name is Champ Young. I was born and raised in Covington, GA where I graduated and now serve as coach of the Men's Soccer program at Eastside High School. I began my coaching career at Eastside High School in 2011 as the Head Coach. I played varsity soccer all four years of high school and went on to play collegiately at Gordon State College, in Barnesville, GA, where I obtained my Associates degree in Exercise Science, and the University of North Georgia, in Dahlonega, GA, where I obtained my Bachelor's degree in Leadership, and finished my time at North Georgia as a graduate assistant obtaining my Masters in the Art of Teaching while working with the local community and serving the college as a graduate assistant.

Coaching Philosophy

The goal of education is to facilitate the development of the individual to reach their fullest potential so they may advance their community as an adult. For adults to be able to function effectively in society, they should have the opportunity to become a responsible, positive decision maker who has a presence of self-worth as well as worth of others. This adult should be a productive contributing citizen as well as able to endure society and enjoy a positive and healthy lifestyle. Therefore, sport and competition is essential to the educational process as well as life.

Sport helps to develop the mental, physical, and social well-being of the student. The nature of sport and competition makes it possible for children of all ages to achieve a working environment of all cultures that they may take with them into the real world. It is important for

the training curriculum to be diverse to ensure that all players participate in a manner that facilitates a positive environment, growth, leadership, sportsmanship, respect, and honesty.

I feel that as the head coach, it is important to show great character in all facets of your life. Character traits that should be deemed acceptable by the institution that employs me and that others can see and use as an example for their own lives. A great teacher and friend of mine gave me some great advice regarding character: “Always think of what your little brother or sister would think of you before you do something you might regret.”

With coaching comes a new set of responsibilities. Like any other job, there is accountability but, in the case of coaching a sport you are responsible for the most precious thing in someone else’s life: their child. If a child is not being brought up to the standards of the state in the field that I am working, then it shall fall on only me. If a player is being treated unfairly within the confines that this program encompasses then it is my duty to ratify the situation and deal with it accordingly. In today’s world coaches must also look for signs of an unsafe home environment. The nature is that this is the world we live in and actions are going to be held under a microscope.

There is always going to be a child or parent that is going to question your intelligence. I know that as a player it was common to hear other players talk about how they thought the coach was not very bright and the task given was not beneficial to development. The coaches I remember most were the individuals who were extremely passionate about what they did. Those coaches rarely ran into problems with players. Those coaches were always striving to learn more and find different ways to reach each player to fulfill their potential.

We must always remember that causes will have effects. The effort and time that a coach puts into their sessions and players will often lead to a much better effect with the team and vice versa with limited effort will produce a much less desirable effect. This thought process should be relayed to each player. The time and effort put in will lead to a much better result than if very limited is given.

Coaching Background

I began my coaching career as a club coach for age groups ranging from 8-19, both boys and girls. I was fortunate to work on a Director's Board of Coaches while I was in Dahlenega, Georgia and serving as a graduate assistant. During this time I received national accreditation for coaching as recognized by the United State Soccer Federation. I used that accreditation to further my club coaching career and work with many talented youth players across the state. Many of which have gone on to play collegiately themselves, and some professionally.

It was during my final two years that I served on the Men's Soccer staff where I was tasked with various assets of the program that consisted of scheduling games, recruiting, and technical development of the players. After college I was offered the job of Sports Director at the YMCA in Covington, GA. The sports programs alone enlisted over 1,500 children and adult participants. This time also allowed me to develop my skills in managing a budget of over \$200,000. The job as Head Coach at Eastside High School came available in 2011 and I was called by my former High School Coach, now the principal. I began teaching Special Education and now Biology along with my duties as Head Coach.

As Head Coach over the last nine years, the program has obtained little sustained success. The program has been to the state playoffs four times in the 17 year history prior to my arrival

and winning only one playoff game in that time. Since 2011, the program has been to the state playoffs seven years and advanced beyond the first round in six of those years. The last two years we have reached state ranking levels as high as number two in the state for the classification of 4-A.

Program Objectives

Athletes

Objective #1

As student-athletes it is imperative that you set yourself up for your future well past your playing careers. In order to do this, you must be proficient in the classroom. While in the classroom, soccer players are to sit in the front row of the classroom and be an example to those around them. With our players competing with the rest of the world for roster spots on college teams, they must stand out in the classroom.

Objective #2

The program is designed to engage the athletes in taking ownership and responsibility for their actions. As a program, it is imperative that we develop individuals who see the bigger picture and are models to be seen in the community doing what is right. This includes but is not limited to community service and outreach, volunteering, and giving back to our local youth programs. It is through this practice that we plan to raise quality young people who will aid in the development of a quality community.

Objective #3

The final objective is to pursue the highest level of play each individual can attain. Not everyone is going to play at the professional or collegiate level. Those that have that passion and

skill set must be open to coaching and understand the values that are set forth within this program.

Parents

Objective #1

A parent's first objective, as it relates to our program, is to show unconditional support for their child. Every parent will undoubtedly be committed to the best interests of their child and a parent should never steer away from advocating for and supporting their child. This can be accomplished through a parent's willingness to help within the program, attend games and team functions, and how they respond to their child's experiences within the program. If a situation arises that you, as the parent, feel is unjust, we ask that you schedule a face to face meeting with two members of the coaching staff to address your concerns. It is through this practice that we can support our players both on and off the field.

Objective #2

As the parent, you are here to support the program. You are not asked to coach. You are entitled to your opinion, but we ask that you remain supportive of the program and preach our core values at home rather than those that promote individual success.

Objective #3

As a parent of a player in our program, we ask that you show a level of decorum in the stands for both home and away matches. Calls and circumstances can raise negative emotions, but as a parent within this program, we ask that you remain a model citizen in the face of such adversity. As players are taught to be respectful to other players, coaches, and officials, we ask that you do the same and model the appropriate behavior both home and away.

*Administrators***Objective #1**

As an administrator, we ask that the coaching staff is supported by our administration. This is not limited to fiscal aid but also aid when dealing with problems that may arise throughout a season that are larger than the scope of control that a head coach may be able to control. Being visible at both games and practices and becoming familiar with players are vital to the family atmosphere that we wish to implement.

Objective #2

Aiding in the needs that our program has as they arise. Understandably budgets are what they are, but it is also important that quality product is put on the field and the players feel as though their interests are represented at all levels of the program. When looking to bring on new coaches, we ask that the overall development of young people is the first priority as it aligns with the goals of the high school.

Objective #3

Administrators are asked to aid our program with a branding that the community can get behind. In order to create revenue, we must be able to provide a quality product that people want to support both in person, viewing games and fiscally if they see fit. This is not limited to face to face contact with local corporations but also via promotion through a variety of social media outlets.

*Coaching Staff***Objective #1**

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As a coach, your first responsibility is to the development of the young people within this program. Each player should receive the same level of support from the coaching staff regardless of their playing time or status.

Objective #2

During the time players are present, they are your first responsibility. This is not limited to just training sessions but also during hours of community service, road games, and school hours. This commitment to the team goes further than the stipend presented to you, but the love of developing young people goes further than monetary value.

Objective #3

Lastly, being knowledgeable as a coach. Understand that relationship building is first and foremost, but understanding that as a coach, you should never feel as though you have learned it all and that the understanding and implementation of new practices and plans is ever evolving.

Boosters

Objective #1

A booster should be aid in the overall promotion of the soccer program. This is designed through the support of the program and its constituents regardless of outcomes. They must understand that they are an extension of the ideals set forth by the head coach and staff but are asked to work in a supporting role without coaching parameters. Each officer is expected to be in regular attendance at all meetings. Officers who are unable to attend a meeting must inform the president or vice president of the absence from such meeting. Failure to inform of absence or failure to attend meetings without just cause may result in removal of an officer by virtue of an affirmative vote of the majority of the members of the booster club at any called meeting.

Objective #2

Next, boosters are asked to aid in the fiscal demands of a program. Either through their own revenue or aiding in the fundraising process, money is needed to run a quality program or the coaching staff should not be tasked with doing it all. Maintaining a high level experience for the players is what will be remembered for years to come and create a greater bond with the players within the program. The Eastside High School Boys Soccer Booster Club agrees to comply with all rules and regulations set forth by Newton County Schools, the principal of Eastside High School, and/or the athletic director of Eastside High School.

Objective #3

The boosters and team representatives shall accept the responsibility for setting policies as they pertain to the direction of the booster club. The president, vice president, secretary, treasurer and representatives shall be vested with the responsibilities of the ongoing implementation of policies set forth by the members.

Practice***Preseason***

Preseason has grown to voluntary afterschool weightlifting sessions during the first semester of the school year. Individuals who are presently enrolled in weight training as a course provided by the school are not required to attend but their presence is greatly appreciated for young players. Afterschool workouts are not limited to weights but also focus on cardiovascular improvement. First semester workouts are open to anyone and are not a guarantee that you will make the team during the spring semester. All athletes must have a completed physical and

insurance form prior to participating. Per GHSA, coaches can only work with four players and perform training sessions that require a ball.

The spring semester consists of more cardiovascular fitness as it is only a two-week window from returning from Christmas break. During this time, all returning and prospective players are required to attend. Once an athlete has made the team there is a two-week window allotted by GHSA that we can touch a soccer ball. Practices during this time are to be a maximum of two hours during preseason. Due to our unavailability of lights it is imperative that we start no later than 4:00PM. This provides ample time for players to eat, recover, and work on their studies at home. Training sessions are designed to incorporate high levels of individual technical development during the first week and the second week focuses on tactical development and defining player skillsets related to the team.

In-Season

The in-season portion overlaps with the final week of preseason. During this time players strengths are identified and the team's formation begins to take shape. Once games begin there are many players who play Junior varsity and varsity who may be in and out of the training ground. The times that are allotted for training remain starting at 4:00 PM but often go no later than 5:30PM in an effort not to strain the players.

After matches, there is an emphasis on stretching and active recovery. All players who are dealing with injuries must inform the coach of their meeting times with the Athletic trainer and coordinate if they miss training time. After matches is also the time when film study becomes important. Film can consist of game review from the previous match or scout film on an upcoming opponent.

In an effort to keep the training level at a high level players are privy to statistics for their practice performance. A link is shared with parents from the University of North Carolina Head Women's Soccer Coach, Anson Dorrance's Competition Cauldron. Within this formula statistics are measured depending on the training plan for that day. Finishing on goal training sessions will measure goal percentages or shots on target. Sessions that focus on possession will provide statistics that show a players passing percentage.

Post-Season

Soccer post-season is aligned directly with the final few weeks of the academic school year. Players who are graduating are asked to aid in the development of the program by reflecting on their tenure within the program and cite specific areas that we can improve, tangibly. Returning players are given a summer workout packet that follows a strict schedule that they are privy to that encompasses nutrition, cardiovascular, and weight training components that have been developed by numerous collegiate programs. The school weight room is consumed by the football program all summer, so the availability of the facility is limited.

All returning players are required to attend our youth soccer camp and serve the community. This is the largest fundraiser that our program has, and it is more important to give back to the young kids who come to our games every Friday night. If a player cannot attend and serve, they must communicate their absence with a coach.

Player and Program Costs

The fees for participating in the Eastside High School soccer program are \$250 for player fees and \$250 for Booster club fees. The player fees include three training tops that must be worn for all training sessions or bus rides. Failure to do so results in a penalty to be deemed by the coaching staff. A custom warm-up jacket and a pair of game socks in both black and white.

Every two years field players will receive a custom uniform top in green and white and goalkeepers will receive two goalkeeper jerseys every year with a pair of training gloves. All players, upon payment, will receive and keep their equipment that they purchased. Additional equipment can be bought in the event something is lost for a higher, individual fee.

The \$250 Booster club fee goes directly into the day to day operations of the program. Items such as training balls, game balls, field equipment, pregame meals, camp T-shirt, recruiting technology, stocking the concession stand, end of the year awards, and All-star game fees are purchased with these funds. An additional \$150 fee was implemented two years ago for parents who asked not to participate in the concession stand.

Fundraising is utilized to offset all costs to the program. Players are given multiple opportunities to raise funds so that finances are not coming directly from their parents.

Our fundraisers consist of a corporate sign promotional fundraiser, Coca-Cola sales, and the sale of team apparel. All corporate signs sold are posted on the big screen at the local stadium along with a vinyl sign that is to be hung at the entrance of the stadium. Players are asked to sell three spaces for a sign for \$300 to new business and \$175 for returning businesses.

All players must have a current physical on file before they are allowed to participate in any activity. Each school year our local hospital hosts a county wide physical day so that middle school and high school athletes can get their physicals for a reduced rate and give a percentage back to the athletes from each school.

Expectations***From Athletes***

All players are required to attend training sessions. Failure to do so will result in the loss of playing time. Attending training time does not guarantee playing time. In the event that a player needs to miss training, they must coordinate with a coach in person. No text messages.

As a student athlete within this program, adherence to the school code of conduct is the bare minimum but also going above and beyond in the classroom. Failure to be anything less than exemplary will require action from the coaching staff. Each instance is handled on a case by case basis.

From Parents

As a parent within our program we ask that you allow your son to be held accountable and be positive with them. When a situation arises that they are not satisfied with, encourage them to discuss their grievance with the coaching staff. Parents who choose to handle their child's grievance with the coaching staff will not be tolerated until the coach and player speak to one another.

During games we ask that you support our team. We ask that you do not berate officials and remain positive in the face of adverse circumstances. We strive that athletes respect team and school rules while promoting sportsmanship and we ask that this character development continues at home. As the parent of player, you represent our town, our school, and our program; please use self-control and remain a positive role model.

From Administrators

Our administration allows our coaching staff to coach. In the instance that a situation arises with a parent out of our control we use the administration to aid in decision making or

resolution. It is with this understanding that we ask administrators to attend both contests and parent meetings to better familiarize themselves with our student athletes.

From the Student Body

Students should feel as though they are watching a model in action in which to follow if they desire to be a quality student, athlete, or person. Regardless of wins or losses we will always show class. We strive to encompass our supporters in the best way that we can or are able to. The student body is allowed to be loud during contests but also hold to our views on being respectful regardless of where we are.

Booster Club

The purpose of this non-profit, voluntary organization shall be to assist Eastside High School and its community by promoting, supporting, and sustaining the respective club, group, extra-curricular or co-curricular activity. The booster club shall not exist without authorization of the principal and athletic director of Eastside High School and must utilize the following by-laws in order to continue as a recognized organization supporting Eastside High School. Any parent, teacher or administrator at Eastside High School, any coach of any sport, any director of any activity, all students and any interested business entity shall be eligible for membership.

Booster Titles and Responsibilities

Four members will be selected by the coaching staff on an annual basis as officers of the booster club and four members will be elected as team representatives. Officers of the booster club shall consist of a president, vice president, secretary, and treasurer. Officers and team representatives can be removed from their positions. Should an officer or team representative resign a position during the term without extenuating circumstances forcing such a decision, he/she may not be appointed or elected to an office for one calendar year from that date. The

athletic director may review matters to determine if such extenuating conditions existed. The officers and team representatives shall accept the responsibility for setting policies as they pertain to the direction of the booster club. The president, vice president, secretary, treasurer and representatives shall be vested with the responsibilities of the ongoing implementation of policies set forth by the members.

The Head Coach:

- A. shall receive automatic membership in the booster club and become official members of all committees established by the club.
- B. shall provide leadership of the booster club. A designee, such as president of the booster club, may serve to facilitate the business of the booster club, although authority of the club resides with the head coach or director, a certified employee of Eastside High School.
- C. will report to the athletic director of Eastside High School regarding all booster club issues.
- D. must give final approval of all purchases and decisions concerning the booster club.

The President:

- A. shall be charged with the duty of supervising all booster club functions subject to policy direction from its members.
- B. shall be responsible for the implementation of the total booster club program.
- C. shall maintain that the policies set forth by its members be implemented by all participants.
- D. shall have the power to appoint standing and special committees with the approval of the head coach.
- E. shall serve as an ex-officio member of all committees except the *nominating* committee.

F. shall report to the coach or director of the sport, activity or club.

G. may provide a co-signature on all booster club checks.

The vice president:

A. shall assume the duties of the president when conditions prevent him/her from the completion of said duties.

B. shall assist the president in the completion of his/her duties as required by the president.

The secretary:

A. be responsible for maintaining all books and records of the booster club including the minutes of the meetings of its members.

B. be responsible for coordinating the time and location of member meetings.

C. serve as a parliamentarian at these meetings or shall appoint another member to serve in this capacity.

D. provide such other assistance to the president and vice president as deemed necessary.

The treasurer:

A. become the chief financial officer of the booster club.

B. maintain accurate financial records of disbursements and receipts of all money received by the booster club or its committees from all sources.

C. coordinate the receipt and deposit of all fund-raising money.

D. provide a co-signature on all checks.

E. submit an updated financial report to the booster club members at least twice per year and provide a financial report to the coach monthly.

F. provide an auditing of all fundraisers and other money producing events when necessary. Provide such assistance to the president, vice president, and secretary as deemed necessary.

Nothing contained herein is intended to abrogate the powers of the athletic director and the principal of Eastside High School nor to set policy and make decisions for the Eastside High School community. Members who have received or may receive direct financial benefits as a result of any decision of the membership shall not vote on such matters affecting said benefits. The booster club shall indemnify each person who acts as an officer of the club against expenses incurred in the defense of any action, suit, or proceeding in which such officer is made party by virtue of service as such officer.

The coaching staff shall fill any vacancy of the officers by appointment at its next meeting or at a specially called meeting. The appointment shall stand until the next general election. The executive committee shall prepare an annual budget for approval by the members, coach and the athletic director of Eastside High School. The members of the booster club shall at all times have the full power and authority to expel from membership any entity, person or persons whose activities might be termed detrimental to, or inconsistent with, the by-laws or the basic principles of the booster club. The booster club shall at all times observe all local, state, and federal laws which apply to non-profit organizations as defined in Article 501 (c) (6) of the Internal Revenue Code. The members shall have the power and authority to create special classes of membership providing certain rights and privileges for any such special class of membership created

Player Selection

Players selected are divided into two groups. Varsity: This is the highest level team for grades 9-12. The Junior Varsity team will be open to players in grades 8 –11. Player selection is over a two-day process that consists of eight, soccer specific criteria. The items are not tangibly

measured but subjective according to how the player performs in each level according to watching them train over the course of the tryout.

They must show the ability to listen, learn, and follow through. Show a high level of work ethic. The player has come in fit and has a high level of muscular endurance/cardiovascular endurance. Our time between team's selection and matches is limited so we must maximize this time and focus less on individual fitness levels. Technical ability specific to the team that they are prescribed to make. According to grade level, proficiency can be varied for varsity and junior varsity. Players should have the ability to change direction and pace quickly and effectively, without hesitation, with and without the ball. Players should be able to move intelligently with and without the ball. Players should be constantly involved in the game, rather than simply reacting to events around them. Sportsmanlike interaction with teammates and opponents is expected, demonstrating a high level of respect for the game and its participants. Players must be present at all tryouts unless cleared in advance by the coach. Upon selection to the team, players must attend all practices and games, unless cleared in advance by the coach. Any unexcused absence will result in penalty.

In the event that a player has a disagreement with the selection process a data sheet is kept to serve as an item to understand their passing ability. With our playing philosophy emphasizing high levels of possession a running percentage is kept, by hand, and posted after the rosters are posted. This is not a direct correlation to making the team, as different positions should have varying percentages based on the position that they play. The scores posted are reflective of the team average and whether the players are above or below the team average. This does not make the definitive denotation line for players but it does provide a level of foundation

for the coach to stand on if a player does not meet the playing standards that align with our team philosophy and is cut at tryouts.

Technology Integration

Over the last seven years we have implemented Hudl as a form of technology that aids in recruitment of athletes and developing our individual game plan. We are able to send player highlights to college coaches and exchange film with other high school coaches with high level of ease. Much in the same way that film swap was implemented for most of the 1980's and 1990's Hudl makes it easier to keep statistics, measure possession rates, and many other instances at the click of a button.

The last two seasons we have utilized an application for our players called Field level. Though this application the players and I are able to see what needs college coaches are looking to fill. This is instant for both the player and myself and bridge for a small school, such as ours, to reach out to schools that we may not have known existed.

Issues for the Program

As a program, we face minimal problems. We are provided with ample opportunities to aid the community were we are needed and we look to cast a wide net so that our players can see the benefit they provide in our area. Graduation of our student athletes is our first, and will always be our top priority. With our graduation rate being almost 100, and our enrollment in AP courses also high, we are able to have almost all of our starters and contributors enroll in weight training courses for a grade. This limits the amount of participants for our after school weight training sessions to those that are not in the course and those gauging their interest levels.

The lack of quality coaches in our area to assist. As soccer is not a major revenue generating program, we are not privy to creating teaching positions to fill our need for a coaching staff. I have been fortunate enough to have good, hard working, people on staff but they lack the game knowledge that someone from one of the local clubs might have.

Our school has outgrown its original footprint. On bad weather days we are limited on what our availability is due to the size of our school. When the weather is good, our fields are fairly maintained and we share the quality field with our girls team counterparts every other week. It is because of this we go off site to play home games to the local stadium that was designed for football.

Potential Legal Issues

We begin our season when it is the coldest all year. We communicate to bring warm clothes during this time and as the season progresses, we are able to play more comfortably. Severe weather policies and concussion protocol are our two biggest issues. Our county and school have strict policies regarding physicals being on file. They have also formed a partnership with our local hospital that has provided each of the three high schools in our county with an athletic trainer. These individuals are tasked with monitoring the concussion protocols should an event arise. Before the athletes can return from any injury, they must get a doctor's note that is kept on file at the school to avoid legal action should they get injured again.

Severe weather and heat, as the season progresses, are monitored by the athletic trainers and updates are sent directly to the head coaches' cell phones in the event we need to vacate the field. This also holds true at games in the event of severe weather and extreme heat. A wet bulb

reading is sent every 30 minutes and any update on a storm cell is also sent depending on the movement of the storm.

Much of what is kept up to date for players has been referenced in the GHSA white-book. A link is provided for parents below. In the instance that a player receives disciplinary action the handbook is very clear on the stance of in-match discipline and how it translates to off the field. For issues regarding player discipline, there is a strict policy that all schools in Georgia must adhere to. For a rules infraction resulting in a red card there are two protocols that are followed. The results infractions result in a One-Game Sit-out: 1. Two yellow cards in the same game 2. Deliberate handball to prevent a goal 3. Red card for a foul on a player moving toward his goal in a scoring situation (b) Two-Game Sit-out with Red Card for any of the following: taunting, violent conduct, serious foul play, spitting on another person, foul or abusive language, leaving the bench area for a fight situation.

Protecting the Athletes

We maintain the wet bulb readings and severe weather updates as the biggest items of control to protect our players. This is regulated by the athletic trainers and is kept current depending on the situation. The athletic trainers also set up times where all athletes receive a baseline IMPACT testing score for our sport. In the event that a player is suspected to have a concussion they must seek immediate medical help and pass the necessary testing protocols implemented by our athletic trainers, and full doctor clearance before they are allowed to return to the playing field with limitations. Coaches are tested every other year for player safety in regards to concussion protocols. Coaches are also required to maintain a current Cardiopulmonary Resuscitation (CPR) certification. This is done every other year. All personnel that come in contact with students are required to have this certification. Coaches are also trained

to use the Automated External Defibrillator (AED) machine every other years as well. A clinic is provided for both certifications by our athletic trainers. We have two AED machines on site at the school and one at the stadium where we play home matches.

Within a training session, all players must wear the National Operating Committee on Standards for Athletic Equipment (NOCSAE) shin guards. Players are not permitted to train or participate in games if they fail to wear their shin guards.

Coaches must take a mandatory rules clinic each year and prior to the state tournament should they qualify. This provides the coaches with tangible proof that they have read and passed the test regarding uniform, playing, and rules updates.

To protect the athlete's physical well-being, a player may not participate in more than three halves per calendar day. This is also done in scheduling. For regular season scheduling, Varsity competitions are limited to 18 and junior varsity is limited to 12.

References for Stakeholders

1. Georgia High School Association – Soccer homepage

<https://www.ghsa.net/soccer>

2. Georgia High School Rules Handbook

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7. Fieldlevel recruiting page

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APPENDIX

Appendix A

Player Passing Percentages Sample



