



**MENS SOCCER
HANDBOOK**

www.linnmarsoccer.com

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LINN-MAR HIGH SCHOOL

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DEPARTMENT OF ATHLETICS
SCOTT MAHMENS, Director

HOME OF THE LIONS
PEGGY HANSEN, Secretary

Student-Athlete Participation Guidelines

1. Attend pre-season informational meetings.
2. Parents attend informational parent meeting.
3. Evaluation of skill level will take place during first week of official practice.
4. Skill level will determine anticipated level of competition and participation.
5. Student-athletes will attend all practices, games, and team functions. If a student-athlete has another required commitment, parents must contact coach to excuse the student-athlete from practice, games, or team function.

Additional guidelines for a student-athlete who is a foreign exchange student

1. Host parents and student-athlete attend individual orientation meeting with coaching staff at the beginning of season.
2. Student-athletes will be in pre-season team picture.
3. Skill level will determine level of participation, but student-athlete will be involved with all aspects of the program including travel to away contests, Regional and State Tournament games.
4. Coaching staff will have regular meetings with student-athlete addressing concerns and progress.
5. Student-athlete will be involved in senior night activities and the end of season banquet.

Policy Title ANTI-BULLYING/HARASSMENT POLICY Code 104

Harassment and bullying of students and employees are against federal, state and local policy, and are not tolerated by the Board. The Board is committed to providing all student and employees with a safe and civil school environment in which all members of the school community are treated with dignity and respect. To that end, the Board has in place policies, procedures, and practices that are designed to reduce and eliminate bullying and harassment as well as processes and procedures to deal with incidents of bullying and harassment. Bullying and harassment of students by students, school employees, and volunteers will not be tolerated in the school or school district.

The Board prohibits harassment, bullying, **hazing**, or any other victimization of students, based on any of the following actual or perceived traits or characteristics, including but not limited to age, color, creed, national origin, race, religion, marital status, sex, sexual orientation, gender identity, physical attributes, physical or mental ability or disability, ancestry, political party preference, political belief, socioeconomic status, or familial status. This policy is in effect while students or employees are on property within the jurisdiction of the Board; while on school-owned or school-operated vehicles; while attending or **engaged in school-sponsored activities; and while away from school grounds if the misconduct directly affects the good order, efficient management and welfare of the school or school district.**

If, after an investigation, a student is found to be in violation of this policy, the student shall be **disciplined by appropriate measures up to, and including, suspension and expulsion.**

When looking at the totality of the circumstances, harassment and bullying mean any electronic, written, verbal, or physical act or conduct toward a student or employee which is based on any actual or perceived trait or characteristic of the student or employee and which creates an objectively hostile school/work environment that meets one or more of the following conditions:

Individuals who feel that they have been harassed should:

- Communicate to the harasser that the individual expects the behavior to stop, if the individual is comfortable doing so. If the individual wants assistance communicating with the harasser, the individual should ask a teacher, counselor or principal to help.
- If the harassment does not stop, or the individual does not feel comfortable confronting the harasser, the individual should:
 - o Tell a teacher, coach, counselor or principal; and parents

Equity:

The Linn-Mar Community School District shall provide equal educational and employment opportunities and will not illegally discriminate on the basis of race, creed, color, religion, gender, age, national origin, marital status, sexual orientation, gender identity, disability or genetic information in its educational programs and activities or in its employment and personnel policies and practices.

This district shall provide educational programs and activities which include curricular and instructional resources which reflect the racial and cultural diversity present in the

United States and the variety of careers, roles, and life styles open to both men and women in our society. These programs and activities shall foster respect and appreciation for the cultural diversity found in our country, an awareness of the rights, duties, and responsibilities of each individual as a member of a pluralistic society, and reduce stereotyping and bias on the basis of race, creed, color, religion, gender, age, national origin, marital status, sexual orientation, gender identity, disability and genetic information.

The district shall take affirmative action in recruitment, appointment, assignment, and advancement of women and men, minorities, and disabled.

A fair and supportive environment will be provided for all students and employees regardless of their race, creed, color, religion, gender, age, national origin, marital status, sexual orientation, gender identity, disability or genetic information.

Policy Title EDUCATIONAL PHILOSOPHY OF THE SCHOOL DISTRICT Code 101

As a school corporation of Iowa, the Linn-Mar Community School District, acting through its Board, is dedicated to promoting an equal opportunity for a quality public education to its students within the limitations of the school district's ability and willingness to furnish financial support to provide for students. In cooperation with parents/guardians, the school district will strive to provide a nurturing learning environment that gives guidance and encourages critical thinking in students for a lifetime.

If you feel that you need financial assistance to participate in cheerleading, please talk to a coach in private. This will always be held in confidence.

Nondiscrimination

(Policy 105.1)

The Linn-Mar Community School District does not discriminate on the basis of race, color, age, religion, national origin, sex, marital status, sexual orientation, gender identity or disability in admission or access to, or treatment in, its programs and activities. No employee or applicant shall be discriminated against on the basis of race, color, age, religion, national origin, sex, marital status, sexual orientation, gender identity or disability.

Inquiries and grievances should be filed with: Linn-Mar Equity Coordinators Executive Director of Human Resources Karla Christian or Executive Director of Instructional Services Dirk Halupnik at 3333 North Tenth Street, Marion, Iowa 52302 or 319-447-3036 / 319-447-3028 who have been designated by the school district to coordinate the school district's efforts to comply with the regulations implementing Title VI, Title VII, Title IX, the ADA, § 504, and Iowa Code § 280.3 (2007).

Together, the Linn-Mar Medical Staff and administration along with the St. Luke's Sports Medicine team would like to take the opportunity to share with you the proper procedures and preventative measures we will suggest and take if we do unfortunately have a MRSA break out in our school district. Please remember that these preventative measures are things that each student and family can do to help reduce the risk of a MRSA breakout.

MRSA is known as Methicillin-Resistant Staphylococcus Aureus. MRSA are strains of Staph bacteria that have developed a resistance to the most common antibiotics to treatment (the methicillin family). MRSA is a rapidly progressing bacteria that attacks the soft tissue area of the skin and can become systemic by entering the blood stream which endangers joints and vital organs.

How do you Contract MRSA?

- MRSA can be transferred from the nose to other surfaces and individuals via the hands.
- MRSA is spread via contact with the skin that has the infection or surfaces that have come in contact with infected skin.
- MRSA can live on for months on fabrics and surfaces.

What Does MRSA Look Like?

- The most common misdiagnosis of MRSA are spider bites, impetigo, and cellulites.
- Only a medical doctor can diagnose MRSA.

How to Prevent MRSA:

- Maintain good general hygiene with regular bathing and clothes washing.
- Wash hands regularly with an antimicrobial soap with residual killing action, or use frequently an alcohol based hand sanitizer.
- Do not share items that may become contaminated with wound drainage, such as towels, clothing, bedding, bar soap, razors, and any equipment that touches the skin at all times.
- Have students wash hands and arms up to mid biceps before and after any known contact activities with antimicrobial soap.
- Clean all skin wounds and skin showing inflammation with antimicrobial cleaner.
- Cover all wounds.

For more information on Staph and MRSA infection please visit:

www.cdc.gov/ncidod/dhqp/ar_mrsa.html

www.idph.state.ia.us/adper/common/pdf/epifacts/MRSA.pdf

http://www.cdc.gov/ncidod/dhqp/ar_MRSA_AthletesFAQ.html

http://www.iahsaa.org/resource_center/Wellness%20Updates/MRSA_Prevention_Guidelines.pdf

Mission Statement

Linn-Mar Soccer is available to ensure that our student-athletes develop the knowledge, skills, attitudes, and values necessary to participate at a higher level if they choose so, but more importantly to improve themselves as players, teammates, and citizens.

Past, Present, & Future

In addition to the above, Linn-Mar has a rich history in soccer, that you all have a chance to be a part of. You should relish this opportunity and take advantage of every chance you get to be a part of Linn-Mar's future.

The new emblem of Linn-Mar Soccer, the patch that is being put on all new apparel, is designed to remind you of this. Whether it is on your jersey, a hat, or otherwise, remember that the Linn-Mar Lion is a symbol of pride and should be honored by you when you represent this team—ALWAYS!

"You'll always miss 100% of the shots you don't take."
Make the best of this year!

Team Rules

- Linn-Mar Soccer is a voluntary co-curricular activity, subject to all of the school's co-curricular policies as well as the team policies set forth by the coaching staff. As a participant in this activity, all student-athletes are expected to respect the decisions of the team, the captains, and the coaching staff.
- In addition to the Code-of-Conduct policies, the coaching staff reserves the right to include additional reprimands due to the nature of the offense. They include but are not limited to:
 - A no tolerance policy for the use of any illegal substances.
 - First offense: 8 game suspension/ ½ the season, Second offense: Full-season game-suspension
 - Does not matter if school-enforced penalty has already been served.
 - Deserved yellow and red card violations, due to the lack of continuity by referees across the state, a carded player may receive no additional reprimands or may receive a suspension up to 5 games. The state does keep track of these and reprimands may be handed down by the state, but not the coaches.
 - **All violations and the appropriate punishments are subject to review by the coaching staff and are final.
- Academics are of more importance than the game of soccer ever will be. All student-athletes are expected to keep a "C" or better in all classes. If grades drop below the cut-off, the student-athlete will be asked to improve their grades by getting help during practice and game times, until the grade has reached the "C" level. That player is disallowed to play in any games until the grade has been improved. On every Thursday of the week a grade review card will be distributed and is due at practice the following day to your coach.
- Anticipated absences need to be in writing at least one day prior to the absence to be excused. If sick please call the school and inform me of your absence that day during school hours. If not excused, your absence will result in decreased playing time. Three unexcused absences will result in a three game suspension.

- You are each responsible to check the bulletin board daily (next to rm. 158) after lunch to find out where practice will be held if incimate weather and also for cancellations.
- Foul language will not be tolerated at any level.
- Players need to accept their role on the team(s) or not be a part of it.
- When the locker room is used it will be kept clean of dirt and mud, cleats must be worn outside only, whether muddy or not.
- Each student-athlete must be responsible for his and the team's equipment. If equipment that is checked out to a player is lost or damaged, that player will be fined.
- While allowed to participate in other activities, the coaching staff suggests that each player devote themselves to this program to reduce the chances of reduced play. Please notify the caching staff if you are involved in other activities whether you think they will conflict with Linn-Mar Soccer or not.
- *Injuries*
 - If you are injured at practice or in a game, inform a member of the coaching staff immediately so you can get back to health as soon as possible. All significant injuries must be checked and cleared by the trainer, Jill Hendricks, before an athlete can return to participation.
- All players must have a current physical, signed Code-of-Conduct form, and Medical Card on file before any participation takes place

Requirements for Wrongful Activity Dismissal

- Full Reimbursement
- Written (typed) apology to program & coach
- 2 game starting/playing restriction
- Extra conditioning at the coach's discretion
- Parents Notified

Requirements to be on Team Poster

- Returning letter-winner
- Senior that has played for at least 2 previous years
- Foreign Exchange Student

Practice schedule:

- Most weekday conditioning practices in the morning begin at 6 a.m.
- Most weekday practices in the afternoon begin at 3:45 p.m.
- Most weekend practices begin at 9 a.m.

*Practices with the exception of weekday morning and otherwise noted practices will last approximately 2 hours.

Criteria to earn a Varsity Letter

Attend all practices, or have excused absences when not in attendance.

No flagrant or earned red cards (language, fighting, unsportsman-like conduct)

Must play in at least 10 of the 13 conference games AND EITHER

Start in 7 or more of the 13 conference games

Have multiple goals, assists, or combination of the two in more than one game (conference or non-conference)

Be a Senior that plays in at least 7 games (conference or non-conference)

Be a Goalkeeper and play in 6 of the 13 conference games

Welcome to Linn-Mar Soccer!

Head Coach
Corey Brinkmeyer
LM Business Teacher
Room F158
319.447.3079

Assistant Coach
Kevin Schmidt
Mt. Mercy College Alumni
Berthel Fisher & Company

Assistant Coach
BJ Melsha
Mt. Mercy College Alumni
Retail Associate

Immenssoccer@yahoo.com

LINN-MAR HIGH SCHOOL MEDIA CALL LIST FOR ATHLETIC EVENTS

TV Station Phone #'s:

KGAN 395-9076 or 1-800-222-5426 press #4
KCRG 398-8393 or 1-800-332-5443
KWWL 1-319-291-1240(late night) or 319-291-1200

Radio Station Phone #'s:

KBBG 319-234-1441 (Waterloo-88.1 FM)
KCJ 319-354-1242 (Iowa City-1630 AM)
KCNZ 319-277-1918 (Cedar Falls-1650 AM)
KDTH 563-690-0831 (Dubuque-1370 AM)
KHAK 365-9431 (Cedar Rapids-98.1 FM)
KGYM 363- 2061 (Cedar Rapids-1600AM)
KROS 1-563-242-4825 (Clinton)
KXIC 319-354-9500 (Iowa City-800 AM)
WDBQ 563-557-1040 (Dubuque-1490 AM)
WMT 395-0533 or 1-800-933-7767 (Cedar Rapids-96.5 FM)
WHO 1-800-835-1313

Newspaper Phone #'s:

Cedar Rapids Gazette- 398-8258 or 1-800-332-5225
Waterloo Courier- 1-800-798-1702 press #4 or 1-319-291-1400
Cedar Valley Times- 472-2311
Cedar Falls Times- 319-352-3334
DM Register- 1-800-532-1455
Iowa City Press Citizen- 319-337-3181
Dubuque Herald- 563-588-5783
Oelwein- 319-283-2144
The Observer (Clinton)- 1-563-659-3778
AP Press- 1-515-243-3281
Radio Iowa-1-800-729-8765
Marion Times- 319-377-7037

Fax #'s:

KWWL- 319-291-1233
KCRG- 319-368-8505
KGAN- 319-395-0113
CR Gazette- 319-398-5861
AP Press- 515-243-1550
Waterloo Courier- 319-291-2069
Dubuque Herald- 563-588-5745
Quad City Times- 563-383-2370
Cedar Falls Times-319-277-0538
Iowa City Press Citizen- 319-834-1083
DM Register- 515-284-8391
Marion Times- 319-377-9535
KCJ- 1630 AM- 319-354-1921
KGYM-1600 AM- 319-363-2948
KHAK-98.1- 319-363-8062
KDTH-1370 AM- 563-690-0858
KBBG-88.1 FM- 319-234-6182
KCNZ-1650 AM- 319-277-5202
KXIC-800 AM- 319-354-9504
WDBQ-1490 AM- 563-583-4535
WMT- 319-393-0918