



**MENS SOCCER  
HANDBOOK**



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Linn-Mar Mens Soccer



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Linn-Mar Mens Soccer



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LINN-MAR HIGH SCHOOL

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3111 North Tenth St. Marion, Iowa 52302-5481  
Phone 319-447-3060 FAX 319-373-6718

**DEPARTMENT OF ATHLETICS**      **HOME OF THE LIONS**  
David Brown, Director                      Melaine Kelley, 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.

### 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:
  - 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

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](http://www.cdc.gov/ncidod/dhqp/ar_mrsa.html)

[www.idph.state.ia.us/adper/common/pdf/epifacts/MRSA.pdf](http://www.idph.state.ia.us/adper/common/pdf/epifacts/MRSA.pdf)

[http://www.cdc.gov/ncidod/dhqp/ar\\_MRSA\\_AthletesFAQ.html](http://www.cdc.gov/ncidod/dhqp/ar_MRSA_AthletesFAQ.html)

[http://www.iahsaa.org/resource\\_center/Wellness%20Updates/MRSA\\_Prevention\\_Guidelines.pdf](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*

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. Our Linn-Mar Soccer emblem, the patch that on most of our apparel, is designed to remind you of this. Whether it is on your jersey, tshirt, warmup, 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!

### 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.

### *Code-Of-Conduct*

Linn-Mar Soccer players will be held to the same district Code-of-Conduct policies, as all other organizations, per Board policy. Should a student athlete violate this Conduct policy, the following repercussions will be in effect during the current/next playing season (depending on when the violation took place). The following excerpt comes from the current *Linn-Mar Good Conduct* form.

- 1st Offense: Use of Tobacco/Nicotine/Alcohol/Other Drugs
  - Suspended from at least 20% of public performances with carryover to next activity. Counseling required prior to reinstatement (suspended from at least 33% of performances if no progression in counseling). Must continue to practice.
- 2nd Offense: Use of Tobacco/Nicotine/Alcohol/Other Drugs
  - Suspended from at least 50% of public performances with carryover to next activity. Counseling required prior to reinstatement. Must continue to practice.
- 3rd Offense: Use of Tobacco/Nicotine/Alcohol/Other Drugs
  - One-year suspension from co- and extra-curricular activities. Counseling required prior to reinstatement for all third offenses.
- 4th Offense: Permanent suspension from co- and extra-curricular activities. Counseling available for all fourth offenses.

### *In-Game Penalties*

Due to referee-interpretations, a player who receives a YELLOW or RED card may be required to sit out of additional contests, and they are reviewed on a case-by-case basis. Penalties may be handed down from the coaching staff, athletic director(s), school board, or the IAHSAA (State). The IAHSAA does keep track of these and reprimands may be handed down by the state, but not the coaches.

The state has determined that there is a no tolerance policy for foul language and a straight red card should be given to the offending player. While there may be frustration on the field, players should find more suitable ways to vent, than by swearing. The field is an extension of the classroom, after all.

- If players are using such language at practice, they may be asked to sit out of the current drill or perform conditioning at the coach's discretion. *\*\*All violations and consequences are subject to review by the coaching staff and are final.*

### *Academics*

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, before, during, and after the season. If grades drop below the cut-off, during the season, the student-athlete will be asked to use practice times to work on improving their grades, until the grade has reached the "C" level. That player will not play in any games until the grade has been improved. Players not in good standing will also not travel with the team to away contests, especially for those when students need to leave before the end of the school day.

### Per Board Policy and IAHSAA regulations

- Students must pass all courses during the preceding grading period in order to be eligible to participate in co/extra-curricular activities. Students who do not pass all courses during the preceding grading period shall be ineligible for a 30-day consecutive calendar period. For co/extra-curricular activities, this 30-day period shall begin in the next grading period the day after grades are available.
- For athletics, this ineligible period shall follow the guidelines of the Scholarship Rule, 281 IAC 36.15(2). The Scholarship Rule states that the student is ineligible for a 30-day consecutive calendar period in the next (or current) interscholastic athletic team in which the student is a contestant. This 30-day period begins on the first date competition in that sport is allowed, as determined by the Scholarship Rule. There is no requirement that the student competed in the sport previously.

### *Absences*

Anticipated absences should be emailed to Coach Brinkmeyer at least one day prior to the absence. If sick please call the school and inform them of your absence that day, per normal attendance policies. Unexcused absences can result in a decrease of playing time.

### *Player Responsibilities*

All players must have a current physical, signed Good Conduct form, Concussion form, Off-Campus Participation form, and Emergency Medical Card on file before any participation takes place.

Players are each responsible for knowing times and locations of practices, games, and transportation. This information will be posted on the bulletin board (next to rm. F158) as it becomes available. Much of it will also be shared via social media.

Players should take advantage of off-season/pre-season activities when they are available. Our lifting and conditioning program starts in the fall, shortly after the beginning of the school year. Players not “in-season” should lift during open lifting times 3 days a week. When our season starts, all players will be lifting 2 days a week. Open gyms will also be provided as the schedule allows. Indoor soccer may also be available through outside organizations.

- Players who want to participate in the Athletic Department’s lifting and conditioning program should pay the desired amount, in the Athletic Office. This annual fee will pay for your son, for the entire school year. If paid during the summer, or as part of his participation in another sport, no additional fee is required.

Players should embrace their role on the team(s), or choose not to be a part of it. While we know all players have individual expectations, we encourage all players to respect the decisions made by the coaching staff. We also suggest players listen to feedback and make changes in their playing style, if they want to play a different role on the team.

- It is the players’ responsibility to communicate with the coaching staff on ALL issues related to playing time, their role, or any problems they are having with teammates.
- Players should not ask for increased playing time, or expect equal playing time, nor should they expect to discuss why (Player X) is playing ahead of (Player Y).
- Players shouldn’t ask why they are not playing, but rather ask what he can work on, that might result in increased playing time.

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.

Players should be dressed and ready for practice at said practice start time. Failure to do so can result in additional conditioning. In addition, all players will keep shirts on at all times during practice sessions. “Shirts vs Skins” will NOT be utilized during sessions.

When the locker room is used it will be kept clean of dirt and mud, cleats should never be worn inside any of the school buildings, whether muddy or not.

When using school transportation, students should leave it as clean (or cleaner) than when it arrived. Cleats should not be worn on/in the buses/vans.

While allowed to participate in other activities, the coaching staff suggests that each player devote themselves to this program to maximize their training time and impact on his team. Please notify the coaching staff if you are involved in other activities whether you think they will conflict with Linn-Mar Soccer or not.

### *Parent Responsibilities*

It is our belief, as coaches that the role of the parent in high school sports is to support his /her son/daughter and the team and program that they are involved in. Be a role model for your son.

Coaches will not speak with parents about playing time or team-related issues. We suggest that you encourage your son to speak with the coaches, in a manner that fits the expectations listed above.

Please communicate with the coaches about:

- absences
- volunteer opportunities (if interested)
- injuries that happened away from the soccer field, or following a soccer practice/game that was originally undiagnosed
- specific medical conditions that the coaches and training staff need to be aware of (for the safety of the player)
- an inability to purchase required items necessary for players to have
- requests to use/keep a uniform for Senior pictures, or to request to take photos in the Stadium

Please communicate with the Linn-Mar Booster Club Parent Reps if you can help with an upcoming concession stand assignment.

If your son will be participating in the Athletic Department's lifting and conditioning program please pay the desired amount, in the Athletic Office. This annual fee will pay for your son, for the entire school year. If paid during the summer, or as part of his participation in another sport, no additional fee is required.

### *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 trainers, Vince Klopfenstein or Marissa Yorgey, before an athlete can return to participation.

Should a player be injured and seek medical attention from someone other than the Linn-Mar Trainers, a doctor's note will be required before returning to practices or games.

Student-Athletes who are suspected of having a head injury/concussion will be placed in the “Concussion Protocol” and must be cleared by the Linn-Mar Trainers before returning to ANY kind of fitness activity.

### *Social Media*

Please keep in mind when you use social media, that you are still a representative of our soccer program, and Linn-Mar, as a whole. While it may not be your intention to speak on behalf of all involved, it can be interpreted that way. A good rule of thumb is not to type anything that you wouldn’t say to someone’s face.

Never post about injuries or team decisions; any negative or condescending posts are strongly discouraged.

### ***Typical practice schedule***

- Makeup weekday conditioning practices in the morning begin at 6:30 a.m.
- Most weekday practices in the afternoon begin at 4:15 p.m.
- Saturday practices will be scheduled as needed. They typically begin at 9:00 a.m.
- Practices with the exception of weekday morning and otherwise noted practices will last approximately 2 hours.

### ***Criteria to be on Team Poster***

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

### ***Criteria to Earn a Varsity Letter***

- Attend all practices, or have excused absences when not in attendance.
- Must play in at least half of the games during the regular season; if injured-prorated for half of the games the athlete was healthy for
- Senior who play 4 years of soccer

## ***Coaching Staff***

*Head Coach*  
Corey Brinkmeyer  
LM Business Teacher, Room F158  
319.447.3079  
[linnmarsoccer@gmail.com](mailto:linnmarsoccer@gmail.com)

*Assistant Coaches*  
Kevin Schmidt  
Sho Takaoka

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)  
KCJJ 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  
KCJJ- 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