

# **Jones Middle School Soccer**

## **Player Participation Packet**



Head Coach - Iggy Garcia (Black Squad)  
Head Coach - Dante Garcia (Gold Squad)

# Jones Middle School Soccer Philosophy

## Why do we have a soccer team?

Soccer provide a wonderful environment for young men to develop physically, mentally, and the socially. Soccer is physically demanding game and thus getting in shape and staying fit is assured. Mentally, the game of soccer provides many opportunities to develop problem-solving skills. Because the game of soccer, unlike many other sports, is free flowing, it cannot be choreographed. The game will regularly present problems. To be successful, players must develop the ability to improvise and solve these problems themselves. Socially, soccer is a team sport. Every individual on the must not only rely upon, but must be relied upon by every other individual on the team. The relationships developed in this environment often last a lifetime. Finally, soccer is fun.

## How can we make being involved in Jones boy's Soccer the best experience possible?

This whole experience is about the young men involved with this team. **They** are why we are all together, and everything possible must be done to help them achieve the objectives outlined in the answer to the question above. Although they are most important part of this entire experience, it is up to the adults involved with the program to create an environment where these athletes can flourish. **The creation of this environment is something over which we have complete control.**

The proper environment for this team is one where the expectations are high enough so that meeting those expectations represents true accomplishment. The environment must incorporate a high degree of competitiveness and must be sufficiently intense to push these athletes to their highest possible level of performance. This environment must also be tempered to encourage team spirit and build self-confidence. It is up to us to build and maintain this environment. It is also up to us to be proactive and identify and eliminate those things, which can jeopardize this environment.

## Parental Support - The Key to Peak Performance

The role that parents play in the life of a soccer player has a tremendous impact on their experience. With this in mind, here are some helpful reminders for all of us as we approach the upcoming season. If you should have questions about these thoughts, feel free to talk with me or any of the coaches at any time.

**Let the coaches' coach:** Leave the coaching to the coaches. This includes motivating, psyching your child for practice, after game critiquing, setting goals, requiring additional training, etc. You have entrusted the care of your player to these coaches and they need to be free to do their job. If a player has too many coaches, it is confusing for him and his performance usually declines. You are; however, welcome to talk to me about anything on a soccer academic plane.

**Support the program:** Get involved. Volunteer. Help out with fundraisers, help organize all the forms soccer mandates, car-pool, anything to support the program.

**Be you child's #1 best fan:** Support your child unconditionally. Do not withdraw love when your child performs poorly. Your child should never have to perform to win your love. Instead of giving the pre-game psych up speech and the post-game evaluation, memorize these six sentences:

***Before the Match***

- *I love you*
- *Good luck*
- *Have fun*

***After the Match***

- *I love you*
- *It was great to see you play*
- *What would you like to eat?*

**Support and root for all players on the team:** Foster teamwork. Your child's teammates are not the enemy. When they are playing better than your child, your child now has a wonderful opportunity to learn.

**Do not bribe or offer incentives:** Your job is not to motivate. Leave this to the coaching staff. Bribes will distract your child from properly concentrating in practice and game situations.

**Encourage your child to talk with the coaches:** If your child is having difficulties in practice or games, or can't make a practice, etc., encourage them to speak directly to the coaches. This, "responsibility taking" is a big part of becoming a big-time player. By handling the off-field tasks, your child is claiming ownership of all aspects of the game - preparation for life as well as playing the game.

**Understand and display appropriate game behavior:** Remember, your child's self esteem and game performance is at stake. Be supportive, cheer, and be appropriate. To perform to the best of his abilities, a player needs to focus on the parts of the game that they can control (his fitness, positioning, decision making, skill, and aggressiveness, what the game is presenting them). If he starts focusing on what he cannot control (the condition of the field, the referee, the weather, the opponent, even the outcome of the game at times), he will not play up to his ability. If he hears a lot of people telling him what to do, or yelling at the referee, it diverts his attention away from the task at hand. Also, the environment in the stands is something that we create. We have complete control over this. It is worthwhile to listen to some of the other teams' fans to get a picture of the mean, nasty, heated, stressful environment they create for themselves.

**Model healthy reactions to disappointments:** Each year the coaching staff works very hard to make the season as positive as possible. Please recognize, however, that every season will have its share of disappointments. In all soccer program there will always be a few players who feel that they should be either starting or getting more playing time. In these situations, it is important that you help support your son by modeling healthy reactions to these disappointments. Tell your son that you feel they are a very good

soccer player and that you believe in them. Encourage them to keep working hard in practice and keep cheering for their teammates during games. Model this behavior yourself.

A common mistake players make is to fall into the trap of negativity. Signs of this are moping, negative body language, and comparing themselves to other players. The following statements are cause for concern:

- I am no good
- I really messed up in that game (or that tryout).
- I am better than so and so.
- The coach doesn't like me.
- So and so is getting more playing time than me because his parents \_\_\_\_\_.

The first two statements reveal a lack of confidence. Help build your daughter up by spending time with him and showing that you care. Encourage him to keep working hard and tell them that making the team is strong evidence that they are a good player. Have them read the book, "Focused for Soccer."

The next statement "I am better than so and so," is very common, but nothing good ever comes from going down this path. This sentiment is divisive for the team, sets one player against another, and erodes the player's confidence in the coaching staff. If you see your son going down this path, stop him immediately.

The coaching staff at the **JONES** is excellent, but not perfect. We are, however, very fair. Reassure your son that this is the case, and that the decisions of the coaches are based only upon the coach's honest and fair appraisal of each player's work rate and ability and of the positions available. Then encourage your son to get his head up and continue to work hard in practice to improve.

As far as providing a positive program atmosphere for these young men, the program has made enormous progress in the past few years. The players on the bench are more and more positive each year. The friends and parents in the stands have been more and more encouraging each year. Each and every parent making a commitment to model and encourage healthy reactions to disappointments is the final step in making our program atmosphere the best that it can be.

**Monitor you child's stress level at home:** Keep an eye on the player to make sure that they are handling stress effectively from the various activities in his life.

**Monitor eating and sleeping habits:** Be sure your child is eating the proper foods and getting adequate rest. Be especially vigilant on weekend nights before a game time. **Jones** cannot afford to have players up late on nights before games. A good rule of thumb is to go to bed the same time the night before a game as they do during the school week. Teenage boys should be getting 7 to 8 hours of solid sleep each night. Less sleep than this affects performance on the field. It also affects academic performance as insufficient sleep has been scientifically proves to interfere with both short and long term memory.

**Know where your son is at all times:** If your son gives you vague information about where he is going or what he is doing on a weekend night, you should be very wary and

skeptical. If your son is at someone else's house, ask to speak to the adult there. If there is no adult home, you've got trouble. **It is your right and your duty** as a parent to know where your child is and to know what they are doing and reasonable limits on your child's activities. If you think your son is old enough, mature enough, and doing well in school enough to make all of his own decisions, I plead with you to think again. As a parent and coaching youths of all ages, **there is no time in a young man's life where they are more apt to make terrible, life altering decisions, than between the ages of 14 and 18.**

**Help your child keep his priorities straight:** Help your child maintain a focus on schoolwork, relationships and the other things in life beside soccer. Also, if your child has made a commitment to soccer, help him fulfill his obligation to the team.

**Reality test:** If your child has come off the field when his team has lost, but he has played his best, help him to see this as a "win". Remind him that he is to focus on "process" and not "results". His fun and satisfaction should be derived from "striving to win". Conversely, he should be as satisfied from success that occurs despite inadequate preparation and performance.

**Keep soccer in its proper perspective:** Soccer should not be larger than life for you. If your child's performance produces strong emotions in you, suppress them. Remember your relationship will continue with your children *long after* their competitive soccer days are over. Keep *your* goals and needs separate from your child's experience.

**The 24 Hour Rule: Jones Boys Soccer Program** has adopted a rule from the highly competitive and highly successful Soccer Program. Parents, players, and coaches avoid discussing the game for a 24 hour period following the game. It is difficult to discipline yourself to follow this rule, as old habits die hard, especially after a great win. Nevertheless, few game related discussions cannot be postponed until the next day, and they are almost always more productive the next day. Surveys have shown that discussing the game in the car on the way home actually ranks below doing homework with players!

**Have fun:** That is what we will be trying to do! We will try to challenge your child to reach past their "*comfort level*" and improve themselves as a player, and thus, a person. We will attempt to do this in environments that are fun, yet challenging. We look forward to this process. We hope you do to!

# Participation Guidelines for Players

## **BE ON TIME**

All players are expected to be on time to all practices, games, and meetings. School detentions are not considered a valid excuse for tardiness. A player late to any activity due to unavoidable academic reasons or a parent request is expected to bring a note complete with time and signature. Penalty for infraction will be not to start game. Penalties will increase if the problem persists.

## **ATTEND ALL PRACTICES, GAMES, AND MEETINGS**

All players are expected to attend all practices, games, and meetings. Injured players are expected to be at practice, in the training room, or in direct route between the training room and practice. All other absences are expected to be reported to a member of the coaching staff IN ADVANCE, IN PERSON, or through a parent. Parents and players can call Coach Iggy Garcia Cell phone number (614) 354-1636 and leave your message on my voice mailbox. Coach Dante Garcia (614) 743-7791

Unexcused absences include leaving the game, meeting, or practice field without permission, removal from practice by the head coach, and failure to report the absence in' advance. The penalties for an unexcused absence will not starting game.

An unexcused absence is an indication of a lack of commitment to the success of the team. Chronic problems' with absences may result in the recommendation to the administration for removal from the team. One suggestion for doctor's appointments is to schedule them for immediately after school on days that we have home games. This often allows enough time to make the appointment and also be back in time for warm-up.

## **NON-ATTENDANCE**

A player who misses 4 or more consecutive days of meetings/games/practices without notifying coach Iggy Garcia, Coach Dante Garcia or the coaching staff will be assumed to have quit the team, thereby forfeiting all awards.

## **REINSTATEMENT**

A player who has "apparently" quit the team will be given the opportunity to present his circumstances to the coaching staff, but reinstatement at this point is entirely at the discretion of the coaches. If reinstatement is granted, penalties may still be applied.

## **DRUG AND ALCOHOL POLICY**

Players are expected to abstain from the use of all tobacco products, alcohol, and drugs. The procedures and penalties for infractions are described in Jones Middle School Code.

## **EQUIPMENT**

Players are expected to care for equipment issued in a responsible fashion. At the end of the season, all players are expected to reserve the afternoon to come and turn in equipment properly. Players can expect to wait for as long as it takes for their equipment to be properly checked back in. It is in appropriate to drop off your bag and then leave. Make no other commitments for the afternoon of equipment return.

## **FOOD AND DRINK**

No eating or drinking on the bus. Players are expected to finish eating at least an hour before game time. Players are expected to wait until after their game is over before purchasing any food or drink at the concession stand. Exceptions to this rule will be made for medical conditions documented ahead of time.

## **ASSUMPTION OF RISK**

Players and parents are hereby advised that there is a risk of injury including paralysis and death in ALL athletic participation even when executing skills properly within the confines of the rules and wearing the proper equipment.

## **REQUIRED FORMS**

The required forms will be due on or before due dates. Players will not be allowed to participate on or after the day officially designated by Ohio High School rules as the "first day of coaching" unless the necessary forms have been completed and turned in. Penalties will be assessed for not having the forms and therefore being unable to participate. Players who still attend practice but are unable to do anything more than watch will receive smaller penalties than those who do not appear at all.

Notes on required forms:

- Please turn them all in, in one packet, at the same time.
- Please do not attempt to hand you forms to the coaches while they are preparing for the upcoming practice.
- (We generally don't have any pockets!)
- Double check each form to make sure no signatures are missing.
- Schedule your physical early in the summer to avoid problems.
- Many insurance companies will only pay for one physical per year. This can create a problem where the insurance company can only pay for the physical if it is scheduled so late in the summer that it creates a problem for the team. Unfortunately, this creates a liability problem for the school and the coaching staff, so we do not have the flexibility to make special exceptions. Luckily, there are a few solutions:
- Many urgent health care facilities solve these problems by offering "While You Wait" physicals for around \$50.
- Med Ohio in Upper Arlington offers "Sports Physicals." They have explained to me that because this is billed as a simple office visit, it will not be subject to the one year limitation stipulated by most health insurance contracts.

## **SOUND EQUIPMENT**

No tape recorders, CD players, radios, iPods, etc. are permitted when players are dressed or dressing for games or practice unless specifically approved by the coaching staff in advance. Penalty will be guideline reminders.

## **THEFT**

Stealing is totally unacceptable and will be referred to the school administration as outlined in the Jones Middle School code of conduct. Stealing includes:

- Taking a ball that is not yours.
- Taking a ball that is not yours and labeling it as if it were yours. Taking equipment that is not owned by you or checked out to you
- Taking any item, no matter how small, old, inexpensive, or seemingly useless, that is owned by the school or the parent's club, and keeping it as a souvenir.

As a general rule, do not bring valuables to practices, games, or the locker room. Finally, in the past, we have had problems with other teams stealing our game balls. To combat this, I have made agreements with other coaches that if a game ball is missing, all players from both teams will open their bags as part of the search. Please avoid having anything in your bag that you would be embarrassed if this step becomes necessary.

## **BEHAVIOR**

Your behavior is not only a reflection upon you; it is a reflection upon your family, your team, your coaching staff, and your school. As such, all Jones boys' soccer players are expected to demonstrate model behavior, which includes:

**Language** - Players are expected to express themselves without the use of obscenities. If you are not sure if a word is suitable for use, ask in private first.

**Self Control** - Players are expected to control their temper and their frustration at all times. It is not okay to "lose it" as a result of poor officiating, unsportsmanlike behavior on the part of the other team, poor interpersonal skills of teammates, or poor personal performance...

**Substitutions** - Players who are replaced during the game are expected to jog off the field and encourage their replacement with the typical slap of the hands. It is predictable that several times in the course of a season; a player will be strongly opposed to being "subbed out." This is a tricky interpersonal situation for players and coaches alike. Even at the professional level you can sometimes see an angry player walk very slowly off the field, snub their replacement, snub coaches, kick bags and water bottles, throw water cups, and make derogatory marks about the replacement, coaches, and the team. This is a tantrum. It is bad for the team. It will not be tolerated. It is expected that players will experience frustration regarding substitutions during the season. Everyone wants to play and everyone should want to play. The proper way of dealing with this situation is for players to have a private talk with the coach the next day to discuss the situation and their feelings of frustration.

**Taunting** — *Jones Boys Soccer* players are expected to abstain from taunting. After scoring a goal, players are expected to celebrate with each other on their way back to our side of the field. Things not to do include running past the opposing bench, holding up the #1 sign or other individual fingers to the opposing team's fans, or rubbing it in to individual players on the other team. (Note: you can expect other teams to run past our bench, taunt our crowd, and rub in every little victory they have. Be ready.)

**Officials** - Don't talk to the officials. They have no information that we can use to help us win the game. They really don't. Players who focus on the officials are not focusing on the game.

**Moving as a Team** - All team members are expected to move about as a team. No leaving before the entire team is ready and no stragglers.

## **BEHAVIOR CONTRACT**

In the event that a player has shown an unwillingness to conduct herself according to the team rules and expectations, the coaching staff reserves the right to place the player on a behavior contract, which, if violated, will result in removal from the team. If the behavior contract is put into place, the coaching staff reserves the right to inform all team members that such a plan has been put into place with that particular athlete.

## **ILLNESS/INJURY**

Players who are ill or injured are still expected to report for practice on time unless cleared with the head coach in advance. Failure to comply will result in an unexcused absence the player is ultimately responsible for the rehabilitation of his injury. It is your responsibility to monitor your own activity level in practice. If a coach asks you to participate in an activity you are not yet ready for, it is your responsibility to respectfully remind the coach of your situation.

## **MAINTAINING MENTAL FOCUS**

The purpose of practice is to prepare players for game situations. The game is not always fair. It is certain that during the season, referees will make many terrible calls, and our team will suffer as a result. The amount of suffering can be multiplied by our failure as a team to maintain focus in these situations. Accordingly, practice will not always be fair. The other team may have the best players or they may have more players. They may even have more players and the best players. Your team may not have a goalkeeper while the opposing team does. The referee (coach) may make bad calls and not explain why. The losing team may have to run sprints and the coach may "forget" the correct score or award double or triple points for one team's goals late in the game. Practices such as these reveal those players who are mentally tough and those who are not. Mentally tough players are essential to a winning program. Mentally tough players use what they have, where they have it, to the best of their ability and attempt to find a solution to problems. Players who whine and/or make excuses are weak, and are a considerable liability to the team. Mentally tough players perform well under pressure and carry the team in difficult circumstances. Mentally weak players will remove themselves from the game mentally, give up free kicks near our goal, or even worse, get ejected for mouth or for playing out of control. Players are not to ask if the coach is creating an unfair and stressful situation until after the practice is completely over. It is not O.K. to get mouthy or sassy, complain under your breath, etc. Concentrate on your own performance, not on the rules to the game. Players are expected to focus on the things they can control to make the best of a difficult situation (Control the controllable). In this way we can be better prepared for the realities of the game.

Respectfully,

Ignacio (Iggy) Garcia  
Head Coach (Black squad)  
Head Coach Dante Garcia (Gold squad)  
Jones Middle School Boy's Soccer

**Ignacio (Iggy) Garcia**

3700 West Henderson Road Columbus, Ohio 43220

(614) 354-1636

iggygarcia@gmail.com

**Current Head coach/Director – Boys & Girls Soccer Cantolao Soccer Academy & Futbol Club**

**Current Head coach Jones Middle School, Upper Arlington, Ohio – Boys Soccer**

**Current Director of The Columbus Futsal Club**

**Current President of The Goalden Soccer League (Youth Soccer)**

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**Summary of Qualifications**

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- Over 21 seasons coaching indoor and outdoor soccer in club and high school programs and other types of programs involving soccer.
  - Co-Director of Training – Cantolao USA.
  - Levels coached: Columbus Recreations and Parks, Kiwanis, Grandview club, Academia Deportiva Cantolao Peru, Santos F.C. Cantolao USA, Currently Head coach Jones Middle School, UA 9<sup>th</sup> season.
  - 23 years playing experience
  - OSYSA: F, E, D License
  - The first Start Smart Soccer Program for Columbus, Ohio.
  - Founder of the Sensenbrenner Friendship Cup Soccer Tournament
  - Peruvian Soccer Camps, training and developing using the South American Training Method.
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**Relevant Skills and Experience**

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**Coaching Experience**

Over 21 seasons of coaching indoor and outdoor soccer in high school, grade school, middle school and club programs have provided me with extensive experience working with youth soccer. My philosophy is to get my players to do the following three things:

- Perform to the best of their ability in a competitive environment
- Conduct themselves with class both on and off the field
- Work harder than the competition

**Director of Training**

I work with Cantolao USA Youth Soccer Academy and Academia Deportiva Cantolao Peru. [www.cantolao.org](http://www.cantolao.org) I'm head coach to select and recreational soccer programs, Jones Middle school U.A. Santos F.C. Columbus, Ohio. [www.columbusfutsal.com](http://www.columbusfutsal.com) and [www.goaldensoccer.com](http://www.goaldensoccer.com)

**Professional Development**

- I hold the OSYSA: F, E, D License and USSF Referees License, NYSCA certification

**Playing Experience**

I started playing in Columbus, Ohio in 1983. I played for Bishop Watterson High School club soccer And OSU intramurals in Columbus, Ohio. I continue to play indoor and outdoor soccer in both organized leagues and in daily pick up games with other Columbus area trainers.

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**Education and Business Background**

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- Diploma - Bishop Watterson High School 1986.
- Attended Ohio State University 1987-1989.
- Diploma - ICS, Hotel Restaurant management 1996.
- Ran for U.S. Congress in 2002 and 2004, Ohio 15<sup>th</sup> Congressional District.
- Currently I'm self-employed, real estate investor and Garcia's Restaurant.
- Part owner of Garcia's Properties in Columbus, Ohio.
- Founder and Director of Cantolao F.C., Goalden soccer League & Columbus Futsal.
- Chief of Public Relations of the Native American Church of Nemenhah