

**LINCOLN HIGH SCHOOL  
SOCCER MANUAL  
FIGHTING ZEBRAS**



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## **LHS ZEBRAS PROGRAM PHILOSOPHY**

***Education is the main reason the athletes attend school. A student is not required to take part in athletics, nor is participation required for Graduation; therefore, athletics is a privilege. Consequently, when the high ideals and standards are violated, this privilege can be revoked. The general philosophy of the Lincoln High School Soccer Program is that an attempt will be made to help an individual that makes a “mistake”; however, if a “mistake” is repeated, the welfare of the team must take priority. A “mistake” may mean violation of training rules, missing practice, poor attitude, violation(s) of campus and / or WPUSD policies resulting in office referral(s), etc.... The good of the program and the team comes before individual glory and desire. High academic achievement and excellent conduct within the classroom and the community are required of each Lincoln High School team members.***

***OUR PHILOSOPHY FOR THE SOCCER PROGRAM IS THAT  
“TEAM EFFORT AND INDIVIDUAL GROWTH ARE TRUER  
MEASURES OF SUCCESS THAN THE OUTCOME OF THE GAME”***

## **COACH PHILOSOPHY**

**Coach David Zinzun**  
**Coach Shonna Fraser**  
**Coach Bill Fraser**

***We strongly believe that our job has two phases:***

***Professionalism: To teach the basics and fundamentals of the game, rules and laws of the game; to evaluate the talent on hand and then teach, condition, and mold to make a TEAM that understands the game well and is technically ready and able to compete within the league and beyond.***

***Moral: To be a role model and a positive influence in the lives of our players and instill a sense of self-pride, confidence, and character so that they can function and be most successful in their lives beyond high school.***

## **TRAINING PHILOSOPHY**

***We do not run for the sake of running***

***We believe in splitting the season into three phases:***

- Early season (Conditioning, Ball Work)***
- Mid season (the longest)***
- Late season (the shortest)***

***Peaking is an important part of a team's preparation. During the season we believe in "HARD" and "EASY" days. A session may be determined easy or hard by several criteria:***

- The length of the session***
- The type of exercised or drills***
- The component that is emphasized (tactic) - the amount of conditioning that is done***

***During the season we like to have more "easy" days, which we feel, are essential for recovery and allowing the physiological changes to take place (rebuilding time).***

## **GUIDELINE AND EXPECTATIONS**

- ***In our program we function under CIF, SJS, WPUSD, and LHS Athletic Department rules, policies, and regulations in addition to expectations.***
- ***We practice and train to win every game that we play; however, we do not operate at “win at all cost”.***
- ***In our soccer program we position our players in teams (varsity and junior varsity) and position each player to maximize playing time.***
- ***Playing time is based on a number of factors at the coaches’ discretion, but the most weighted of these is how players perform in practice. Attitude, coach-ability, and skill follow close behind. As coaches, we get to see these students EVERYDAY. They EARN the right to play; it is not handed out based on personalities, classification, time served, or parental influence.***
- ***We teach, practice, and demonstrate our expectations before putting players in their assigned positions. Poor performance because of new or different positions is no excuse. Either the student can play, or cannot.***
- ***In our program everyone is important and has a role to play and is expected to do his job with pride and from the heart.***
- ***No individual is more important than the team.***
- ***As members of the LHS soccer program, players are expected to dress according to WPUSD policies.***
- ***During school-related functions, if players are seen or caught in possession of tobacco (smoke or smokeless), alcohol, controlled substances and/or fighting, they will be dealt with according to school policies plus coaches’ disciplinary action, i.e. suspension or dismissal.***
- ***During non-school related functions (your own time), dismissal or suspension will be decided by the coaches and administration after careful review and consideration of the image, respect, and integrity of the program.***
- ***Our season starts in early November with after-school practices and will continue, hopefully, through mid February (CIF Playoffs); therefore, we may practice during school holidays and vacations.***

- ***During our season, after-school practice will not typically go beyond 8pm, therefore, do not arrange events such as work or medical appointments before this time.***
- ***If you miss a practice(s) during the holidays you must inform the coach ahead of time, and present an acceptable reason. Failure to do so could result in a loss of privileges (Lettering, nomination for awards, recognition, etc.).***
- ***Players with repeated academic violations will be dismissed from the team.***
- ***To express any concerns about your child's welfare or safety, visit with the coach during scheduled appointment. Playing time will NOT be discussed during the season.***
- ***Parent's philosophies, beliefs, and comments, while respected are NOT solicited.***

## **CLEARANCE and LETTERING PROCEDURES**

- **Varsity players must meet all CIF requirements.**
- **Players must be eligible during the entire season.**
- **Players must participate in at least one third of all the games played unless the player sustains injury during high school activities.**
- **Intangibles for coach to consider:**
  - 1. Review of the player's discipline record**
  - 2. Character**
  - 3. Discipline during the game (treatment of officials and other players)**
  - 4. Attendance, both at school and practice**
  - 5. Leadership**
  - 6. Ethics**

### **CLEARANCE/ELIGIBILITY REQUIREMENTS**

- **2.0 or better GPA-No more than one "F" or "NM" in the**
- **If GPA falls below a 2.5 you are expected to attend LHS tutoring**
- **Yearly physical**
- **Insurance**
- **Parent permission form**
- **Signed Athletic Code**

## **BOOSTER CLUB SCHOLARSHIP**

***The Lady Zebra Soccer Scholarship may be awarded to any senior soccer player(s) who graduates and goes on to play Collegiate Soccer\*. The soccer coaches and Booster Club members will review qualifiers and determine who the recipients will be. A maximum of \$200.00 Dollars will go to any one player. The level of soccer skill is not part of the criteria. Our philosophy for the soccer program is that team effort and individual growth are truer measures of success than the outcome of the games. Promotion of high personal standards and strong sense of self-worth and self-discipline are also our goals.***

***Please consider making a contribution. Your contributions may be handled through us, or a member of our Booster Club.***

***\*Based on availability of funds.***

## ***HOW TO GET ALONG WITH YOUR SOCCER COACH***

- ***Obey and respect your parents.***
- ***Do not lie.***
- ***Do not cheat.***
- ***Do not gossip.***
- ***Admit your mistakes.***
- ***Act and say things as though you were in front of a parent when in the presence of the coaches.***
- ***Do not be tardy to class.***
- ***Always bring your soccer equipment.***
- ***Make every effort to improve and work hard during soccer practices.***
- ***Soccer teams need leaders, so act, think, and behave like one.***
- ***Don't tell us you "can't" do something, or play a certain position, or execute either technical or tactical procedures properly.***

## **THINGS TO REMEMBER**

- **No one player is more important than the team. Your behavior reflects on the team and the coach.**
- **We want parents to come to the games and enjoy themselves. We do not want you to coach or criticize your child, or any other child on the team. Please keep negative remarks to yourself.**
- **Equipment issued to the athletes is to be worn to High School soccer events ONLY.**
- **Players have to be present at school all day to be eligible to play in games on that day.**
- **If you as a parent have questions about the program, we would encourage you to start by asking your child about concerns that you have before you come to us. Many of the athletes feel they are mature enough to deal with their own issues rather than having mom or dad deal with it.**
- **Success is infectious. Success in the classroom, success at work, or on the soccer field, are results of good habits and practice.**
- **Student athletes are responsible for all the equipment distributed during the year. If it is defaced, or lost, you will pay to replace it.**
- **Being on the soccer team and dressing down, does not mean anyone is entitled to playing time. Sometimes, as a coach, it is not possible to put all players into a game like in recreational sports.**
- **The soccer coaches strongly encourage all players to play as much as possible outside of school. The more game experience players get, the better they will become. Choices include Indoor, Mexican League, recreational, and club soccer.**
- **Parents will be encouraged to become a part of the Booster Club. In order for the program to be successful, we need help raising money, organizing functions, concessions, tournaments, etc...**
- **The most important aspect of our school system is to provide a well-rounded education in the classroom and on the sports field. Student athletes must always put their classroom education before athletics.**

***- Building friendships and respect amongst players is of paramount importance to the team's success. Arrogance, jealousy, and disrespect cause division and failure.***

***- When we complete our season, we want to look back and say that we made every effort possible, rather than "I could have done more". Keep this in mind as we embark on our season. At Lincoln High School, the soccer team has raised the bar dramatically over the past years. In order for this to continue it will take hard work and effort on the part of the athletes, and patience and support from parents.***

***Thank you for your cooperation, your time, and your energy in helping to make Lincoln soccer the pride of the community.***

## **MULTI-SPORT/CLUB PLAYER POLICY**

***The California Interscholastic Federation (CIF), the governing body of all California High School Sports, does not prohibit student athletes from playing in more than one high school sport at the same time. However, the Lincoln High School Girl's Soccer coaching staff's policy is as follows: All team members will not be allowed to participate in other school related athletic programs during the season.***

***The coaching staff realizes this may be unpopular for some parents and players and we apologize for that.***

### **Club Players**

***All club players will be expected to attend all practices and matches. The coaching staff recognizes the fact that some players have already committed to club required events prior the start of the high school season but missed LHS soccer trainings and matches will limit or prohibit the student athletes playing time or participation during the season. All player club conflicts will need to be discussed with and agreed upon by the player and coaching staff before the start of the season. i.e. During the student athletes tryout period. The coaching staff is well aware of the fact this may limit or prohibit club players participation in the program.***