



PARENTAL SUPPORT THE KEY TO YOUR ATHLETE'S PEAK PERFORMANCE

MVC Champions: 1991, 2002, 2003, 2004, 2009

United Soccer Coaches National Team Academic Award: 2024

United Soccer Coaches National Team Ethics & Sportsmanship Award:
2025?

The role that the parent plays in the life of their soccer player has a tremendous impact on his experience. With this in mind, the Kennedy HS Cougar Men's soccer program has taken some time to provide some helpful reminders to remember throughout the season.



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“... But if you never put me in the game, coach, how will my father ever live his own sports dreams vicariously through me?”



As the season begins....

Before the season begins, ask yourself the following questions:

- a.) Why do I want my son to play soccer?
- b.) What will a successful season be for me as a parent?
- c.) What are my goals for my son?
- d.) What do I hope to gain from the experience?
- e.) What do I think their role on the team will be?

After you have answered those questions for yourself, remember your answers. Then when you have some quiet, uninterrupted time with your son, ask them the following questions:

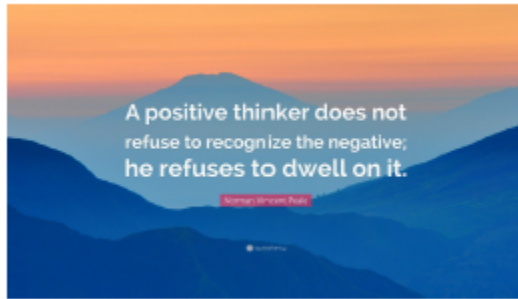
- a.) Why are you playing?
- b.) What would be a successful season for you?
- c.) What are your expectations for the season?
- d.) What do you think your role will be on the team?

Once you hear their responses, compare them to your own. If both responses are the same, awesome! If not, if your responses are different, throw them away and accept your son's.

Rule #1: Release your child to the game and to the coach. By releasing your child to the game and to the coach, you are telling them that all of their successes are theirs to celebrate, all the setbacks are theirs to fight through, and any issues are theirs to overcome.



Rule #2: Be your child's #1 fan - before, during, and after the game. Support your son unconditionally, making mistakes are part of learning. Recognize what your son is trying to do, not the results. Pick 2 or 3 positive things your son did during the game. After the game, comment on those positives. If your son had some setbacks during the game, they may not want to talk about the game, respect that and give them some space. When they want to talk about it, they will initiate the conversation.



Rule #3: Support and cheer for all the players on the team. We will be a TEAM, working together to become the best TEAM we can be. Teammates are not the enemy, sometimes players will play ahead of your son, whether as a starter or not, whether they get in the game or not, we are a TEAM. Refrain from making negative comments about another player or coach in front of your son. Sometimes this can be hard, but always remember, the players are playing the game because it is fun, if we take away the fun, they will not want to play anymore.

Rule #4: Encourage your son to talk to the coach.

(Remember the Chain of Command- see last page!)

If your son is ever experiencing any difficulty regarding the team, encourage him to speak to the coach. Responsibility is a big part of becoming a responsible player and adult. By handling these concerns your son is claiming ownership of all aspects of his game preparation. We are using sports as a way to help your son develop into a productive and well-functioning member of society, if you fight his battles for him, you are robbing him of opportunities for growth. This is especially true for missing and/or being late to practice. Your son, not you, must communicate with their coach. Failure to let the coach know about missing practice will result in playing time reduction or acting as a ball boy either at their level or for one of the other teams.



*"I found out it really is a chain of command,
and not a chain of suggestion."*

Rule #5: Monitor their eating and sleeping habits. Help them make positive food choices and strive for 8 hours of sleep a night. There are some helpful nutrition points on a later page.

Rule #6: Help your son keep his priorities straight. Time management is huge for young athletes. Help them maintain a focus on schoolwork, relationships, and the other things in their life besides soccer.

Rule #7: Keep soccer in perspective. If your son's performance produces strong emotions in **YOU** - please suppress them. Remember your relationship will continue with your child long after his competitive soccer days are over.

Keep your goals and needs separate from your son's experience.

Rule #8: HAVE FUN! This is what we, the TEAM, will be trying to do. The coaching staff and I will challenge your son to reach past his comfort level and improve as a player and as a person. We will attempt to do this in an environment that is fun yet challenging. I am looking forward to the process.

Rule #9: You can only be one of four things at a soccer game.

- A. a player
- B. a coach
- C. an official
- D. a spectator

The only thing not already taken care of is D. Players will be placed in positions that gives the team the best chance to succeed. The coaching staff will find their strengths and put them in positions to succeed. Remember the players need one instructional voice, "The Voice of the Coach".

Rule #10: Display appropriate game behavior. Your son is a person first, try to avoid treating them differently after games based on the result or their individual performance.



RED FLAGS: If you are experiencing these, you may want to reflect a little.

- Trying to resolve your son's problems
- Taking credit for their performance
- Trying to coach them after the game
- Yelling at officials or speaking to them after the game
- If the outcome of the game is more important to you than your son.

Parental Involvement - The high school athletic experience will only be available for four years. This is a family commitment and a time to cherish. There are many ways for parents to get involved and support their student/athlete. The Cougar Men's' Soccer Program will welcome and encourage parental involvement. Opportunities for team pasta events, team supervision, fundraising, team photographer or videographer, will be

welcome. It should be clear that while parental involvement is encouraged, it will have no effect on playing time or team placement. The best players, the players that follow the team guidelines, the players that put the team first will be placed on the team. If there is something you wish to do to contribute to the program, please contact the head coach.

Tryouts and Team placement:

Please understand that every year is a new opportunity for each player. Just because they played JV2 last year does not mean they will play there again this year. The same applies for the Varsity level as well. Players develop at different rates and it is our job as coaches to place the player where they will get the most benefit- which means playing as opposed to sitting on the bench. Decisions about who has earned a place on which team is based on a few different factors: 1- physical fitness tests such as the 10 yard T drill, the 40 yard dash; pushups, and sit-ups- which can be found on our webpage hosted on the Kennedy HS Athletics page; 2- the eye test during the initial weeks of practice and finally, how did the player play during our scrimmages, both intrasquad scrimmages and scrimmages against other schools. Once the initial team lists have been released, if players are not happy with their initial placement, they should visit with their Coach first and try to develop a plan together to help the player make the progress needed to step up that next level. These initial lists are by no means final lists, we expect that there will be some movement but everyone has to start somewhere.

Sportsmanship - No Yellow cards! Yellow cards for swearing, dissent, or unsporting behavior will not be tolerated. Consequences will be handled with playing time restrictions. United Soccer Coaches presents an ethics award. It is given to teams with less than 10 yellow cards. That is my goal and a goal for our team to win this award.

Academics – It is also possible for the team to earn the United Soccer Coaches “National Team Academic Award”. That is a team 3.25 cumulative G.P.A. for the entire year for the varsity roster. My goal is to turn my classroom, 165, into an area where the players can come at any time to work on homework, where I can check in with them and I will also be conducting grade checks and if the players are not where they need to be, they will be mandated to either be in my classroom or in the classes where they are not doing well. If the player chooses not to take these actions, then they have forgotten the primary mission of high school- to get an education. Sports are a nicety in life--- education is a necessity!

Eligibility- Any student-athlete who is ineligible to play, whether it be due to academic issues or behavior concerns, will not be given a bag or uniforms until they are eligible to play. No ineligible players will be allowed to practice or play with the Varsity squad until they are eligible to play, and this has been reported to the Head Coach by the Athletic Director. It is a privilege to wear the Kennedy crest, one that must be earned and is not given. Ineligible players will practice with the team chosen by the Head Coach and will be re-assessed when their eligibility is clear. If the player chooses to not come to practice, then they will not be eligible to be chosen for the Varsity team.

Substance Use - It is my belief that students/athletes need reasons to avoid the temptations of alcohol and drug use in high school. We would hope that being part of a team and striving to be our best would be enough, that is not always the case. Drugs and alcohol are illegal, yet that is often disregarded by youth. The answer - education about the effects and performance. Consequences: Playing time and if a problem, removal from the team.

Alcohol

- *increases time of recovery for up to 96 hours
 - *A diuretic - prevents vitamins from being utilized by the body
 - *Natural Human Growth Hormone, highest release time is during sleep, is reduced by up to 70%.
 - *Alcohol causes an increase in Cortisol, Cortisol negates the training effect
 - *Decreases protein synthesis - needed for muscle repair
 - *Reduces immune system - user will be sicker & more often
 - *In a high school athlete, alcohol reduces performance 20-30%
 - *Interrupts REM sleep, needed for recovery
 - *Impairs reaction time for up to 12 hours after consumption
 - *Decreases vertical jump, start-up speed, lateral speed, and acceleration
 - *Reduces explosive power, speed endurance, power endurance
- An alcohol episode (5 drinks or more) will cause a projected loss of 14 days of training effect. Your opponent, who doesn't use, will continue to improve as you stay stagnant or decline.**

Raise the BAR!

Push yourself and your teammates to be better every single day!



NUTRITION HELP FOR STUDENT ATHLETES

The purpose of this nutrition guide is to provide some direction for those that want it during the soccer season. “For those that want it” is a phrase that implies a choice. It is your choice to use this guide or not. The coaching staff hopes to add good nutrition and proper hydration to the equation as we try to take this team to state. We would surmise that some of you already make good food and hydration decisions before, during, and after games and practices. But can we do better? Can we add and/or remove one, two, or three things from our diets that might provide a competitive edge during close matches? This is why this guide was assembled for you.

Some of you can handle a total revamp of your eating habits while others can only handle a few changes at a time. Most of us belong in the latter group. Here are 3 easy changes you could do during this soccer season that will increase your athletic ability.

1. **EAT MORE FRUITS AND VEGETABLES**-It is recommended that we eat 5 portions of fruits and vegetables a day. We all know why it is important to eat these types of foods. If you are only eating 3 servings a day, try to increase it by 1 serving. If you aren't eating any fruits or vegetables, try to eat at least two servings a day. After 5 days of eating two servings a day, try to increase to 3 servings a day.
2. **DECREASE YOUR CONSUMPTION OF CHIPS, FAST FOOD, AND FRIED FOODS**-Some of you are eating multiple bags of chips a day as well as hitting the fast food places. If you cut your chip consumption down to only 1 bag a day and substituted a fruit and/or vegetable, your athletic performance will improve. If you are a fast-food addict, it would be ideal if you didn't go at all and eat fast-food. However, maybe you could reward yourself on the weekend instead of going every day during the week.
3. **DRINK MORE WATER EVERYDAY**-If you are one of those folks chugging down a soda pop between every class as well as after school, you could save some money by just drinking more water. Not only will you save money by not buying soda pop, but you will be making your body healthier by drinking water. Try to drink 3 glasses a day to start and then after a week or two, increase your water consumption to 5 glasses a day. If you need to add some flavor to the water, try putting some berries in the water to give it a little flavor.

The day of the game

1. Try to eat your normal meal two to four hours before the game.
2. Drink plenty of water throughout the day.
3. DON'T skip meals.
4. DON'T eat or drink anything new on game day. Stick to the foods that you know your body can easily digest and turn into fuel. If you want to try a new food, do it on a training day so you know how your body will react.
5. PLEASE SKIP the soda pop, hot dogs, fried foods, chips, candy bars, and other sweets on game day.

After training and games

1. **HYDRATION-** Drink at least 250 ml or 8 fl oz within 30 minutes of completing the event. Drink in small amounts rather than gulping more fluids down in one big drink. This will promote better retention of fluids.
2. **FUEL-** Try to eat within 30 to 60 minutes upon completion of training and/or games. The sooner you begin eating, the sooner the recovery process can begin. You have to replenish the glycogen in your muscles as well as make new muscle fiber. You can achieve both by eating meals like (not fried) chicken breast, baked potato, broccoli, and carrots. How about a big bowl of pasta with tomato sauce, grated cheese, and vegetables? Don't forget your fish and vegetables.

If upon completing a game, another game will be within four hours, then follow these guidelines:

1. Drink at least 250 ml or 8 fl oz within 30 minutes of completing the event. Drink in small amounts rather than gulping more fluids down in one big drink. This will promote better retention of fluids.
2. Try to eat within 30 minutes of competing the event. The sooner you begin eating, the sooner the recovery process can begin.
3. Since you will be competing soon, avoid slower to digest fatty foods, such as burgers, fries, chips, cakes, sausages, bacon, and pastries.
4. Do eat foods that are more easily digestible such as sandwiches, wraps, light pasta dishes, fruit, rice cakes, dried fruit, and mini-pancakes.
5. Eating things like bananas, melon, grapes, apples and pears are also a good idea.

THE DAY BEFORE A GAME:

Good carbs to eat the day before competition include an oat bagel, raisins, whole-wheat bread, baked tortilla chips, low-fat or frozen yogurt, brown rice, baked potato, fruit juices, spaghetti with tomato sauce, pancakes with syrup, thick-crust cheese pizza, bananas, dry cereal, waffles, pretzels and English muffins. Do not eat only carbs before the sporting event; eat some fat and protein. Good choices include fat-free milk, peanut butter, honey, roasted chicken breast, lettuce, tomatoes, mayonnaise-based salad dressing, low-fat vinaigrette dressing, carrots and salmon.

Hearty, Healthy Dinner

(high-carbohydrate, low-fat)

- Pasta
- Tomato Sauce with Meat
- Rice
- Lean Meat, Fish, Poultry
- Potatoes
- Cooked dried peas, beans or lentils
- Salad

Avoid foods high in fat and protein such as hamburgers, fries, potato chips, steak, eggs, hot dogs, bacon, candy, nuts and doughnuts because those foods take a long time to digest without providing much energy. Also, avoid spicy foods, broccoli, onions, cabbage, beans and carbonated drinks because they can cause gas, which is not ideal before an athletic event. The same goes for bran and any other fibrous foods that stimulate the need for defecation.

THE DAY OF A GAME:

- 3-4 Scrambled eggs with veggies and slices of avocado.
- A bowl of fruit.
- If you didn't refuel your muscle glycogen storages properly the last couple days, then a small side of oatmeal can
- Make sure to have a few glasses of water with breakfast.

Here are some guidelines for when to fuel prior to your event:

Hours before event	Meal type	Calories
3-5 hours	large meal	300-500
2-3 hours	small meal	200-300
1-2 hours	liquid meal	100-200
0.5-1 hour	snack	50-100

Some examples of meals and snacks are listed below.

Snacks

Bagel

Banana

Cereal Bars

Dried Fruit

Fig Newtons

Fruit

Graham Crackers

Raisins

White Bread

Meals

Baked potato

Breadsticks

Corn

Noodles

Rice

Baked Beans

Oatmeal

Whole Wheat Bread

Peas

RESPECT THE HISTORY OF OUR PROGRAM BUT WRITE THE FUTURE TOGETHER!



Mississippi Valley Conference Championships

1991; 2002; 2003; 2004; 2009...

State Appearances

1998- Quarterfinalists
1999- Quarterfinalists
2003- Quarterfinalists
2004- 4th place
2007- Quarterfinalists
2010- 3rd place
2011- Quarterfinalists
2013- 4th place
2019- Quarterfinalists
2023- Quarterfinalists

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Iowa All Star Game

2017- Nathan Sheeley
2018- Alex Stone

GATORADE Iowa Player of the Year

2001- Adam Zenor
2003- Jake Settle
2010- Erik Boyer
2011- Gabe Christianson
2020- Alan Kim

All-State All American

2019- Alan Kim

NSCAA Iowa Player of the Year

2001- Adam Zenor
2003- Jake Settle

ALL AMERICAN SELECTIONS

2000- Adam Zenor
2002- Jake Settle

UNITED SOCCER COACHES ACADEMIC ALL-AMERICAN

2020- Sam Earl
2020- Alan Kim
2020- Curtis Ratzer
2021- Ben Joens

PARADE All-American

2000- Adam Zenor

NSCAA Scholar All-American of the Year

2002- Jake Settle

Feel free to contact me at any time by email or text. The only thing that will not be up for discussion is playing time.

The coaches will have a 24 hour no contact rule after a competition. The reason for this is that it will allow for a 'cooling off' period to allow the coach, the player and the parent to have some time and not respond rashly.

Always remember the Chain of Command! If there is a problem, it should begin with the Player going to their Team Coach, then if that doesn't help the issue then Parent to Team Coach can happen. If it is still an issue then the Player can come to the Head Coach to discuss the issue along with their Team Coach, and then Parent to Head Coach and Team Coach.

Please note, if you come to me and you are not on my Varsity roster, the very first question that I will ask is if you have met and talked with your Team Coach- if the answer is no, you will be asked to respect the Chain of Command and talk to your Team Coach first.

Coach Evans's Philosophy is two fold: "Be the Positive Difference"

This means on the field, in the classroom, at home, and in the community

"COMMIT"

This means on the field, in the classroom, at home, and in the community, whatever you are doing, make the decision to commit to doing it to your best ability!

Thank you for supporting the Kennedy High School Men's' Soccer Program,

Head Coach
Adrian Evans

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Twitter/X: @JFKSOCCERCRIA

Remind system: To join the Remind system, please text this: @775775 to this number 81010