



Sprayberry Girls Soccer
2025-2026
Season Information



Sprayberry Girls Soccer Coaches

Girls Head Coach: Jim Nelson

(james.nelson@cobbk12.org)

Assistant coach: Gerald Sutherland

(gerald.sutherland@cobbk12.org)

Community Coach: Angel Arellano Veloz

Sprayberry Girls Soccer Booster Board

Treasurer: Liliane Namango

(bugenilily@gmail.com)

Member: Geordie Ramsay

(stixx1001@yahoo.com)

Member: Tawanna Ramsay

(tdtryon@yahoo.com)

Member: Jeremiah Claybrooks

(jeremiah.claybrooks@gmail.com)

Member: Emily Cardina

(ecardina@comcast.net)

Member: Jamie Brown

(jamienbrown@comcast.net)

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September 16, 2024

On behalf of Sprayberry Girls Soccer Boosters...WELCOME!

This is the second year for the Sprayberry Girls Soccer Booster Club. We will make some adjustments to the program based on what we learned last year and plan to continue the pattern of evaluating and improving.

Sprayberry Girls Soccer will be led by Head Coach Jim Nelson.

Our goal is to make this a great program for our student athletes in hopes that it will have a positive influence on their lives. With the help of the players and their families we know we can make this a great program for years to come. It takes each of us working together to build and maintain success, so we truly appreciate everyone's support and involvement.

Please take the time to read through this information packet and return the signed pages to Coach Nelson no later than Friday, October 11th, 2024. As always, if you should have any questions or concerns, please contact us.

Goals of Sprayberry Soccer

- To provide a positive image of school athletics at Sprayberry High School.
- To always strive for playing excellence that will produce winning teams with an emphasis on good sportsmanship.
- To ensure the growth and development of athletes on and off the field.
- To provide opportunities that will allow the program to teach students how to handle situations that will benefit them in daily living.
- To create a desire to succeed and excel.
- To develop high ideals of fairness in all relationships.
- To practice self-discipline and maturity in learning to make decisions under pressure.
- To be socially competent and operate within a set of rules, thus gaining respect for the rights of others.
- To develop an understanding of the value of activities in a balanced educational process.



SPRAYBERRY GIRLS SOCCER

TEAM GUIDELINES & RULES

2024-2025

I. REQUIREMENTS:

- a. Physicals are required for ALL SPRAYBERRY athletes including insurance (can be family insurance or bought through TW Lord)
- b. Signed GHSA Forms, Team Forms, Travel Releases, and Medical Forms must be on file before participation. (Signed by Player and Parent/Guardian)
- c. Cleats, Running Shoes, and practice gear must be brought daily

II. RULES/CORE VALUES:

- a. Appearance must be well kept and maintained. This rule is left to the discretion of the coach.
- b. Use of alcohol, drugs, or tobacco is strictly prohibited.
- c. Punctuality is a MUST! Tardiness to class, games, or practice will not be tolerated.
- d. ISS, OSS, or behavior issues in other classes will be subject to punishment in soccer.
- e. Criminal activity such as theft, fighting, or any criminal activity will not be tolerated!
- f. You will follow and abide by rules established for students in CCSD.
- g. You have a responsibility to uphold the Sprayberry Soccer Programs standards and ideas; never settling for less than the best!
- h. Playing for Sprayberry Soccer is a privilege, not a right!

III. GRADES:

- a. Soccer is governed by GHSA's "No pass, No play" ruling. Your student-athlete must pass at least 3 courses in the first semester to be eligible to play in the spring.
- b. You must maintain a passing grade while in the program.
- c. Coaches will monitor grades throughout the school year.

IV. TRYOUTS:

- a. Tryouts will be January with dates 27th 28th and 29th.
- b. A player can be cut from the program for any of the following reasons, but not limited to: Attitude, Ability, Skill, Talent, Grades, Breaking Rules, Behavior in Class/on Field, or for the best interest of Team/Program.
- c. Player/Coach conference will occur.
- d. Parents may schedule a conference to discuss but the decision **will not** be changed.

V. PRACTICES:

- a. All are mandatory. If a player is aware of a future absence from a session, it is his responsibility to inform the coach.
- b. If a player misses a session without prior informing the coach, contact must be made by player/parents less than a day after the absence. Playing time depends on your attendance at practices.
- c. COMMUNICATE any upcoming conflicts.

VI. GAMES:

- a. Players will be required to attend all games. (Including during an injury)
- b. Conflicts must be communicated with the coach.
- c. Away games travel will be provided to and from the location. All players must ride home with the team.
- d. Be early to the pre-game meeting. (30 minutes before the time required is a smart way to go.)

VII. EXPECTATIONS:

- a. Attitude: If yours is bad, it is the easiest ticket out.
- b. Behavior: If you are out here to do what you want; when you want; you won't be here long.
- c. Compete: Everything we do will be a competition. Competition breeds Champions! Be prepared to compete and never back down from competition.
- d. Hard Work: Show me you want to be here...words are all talk...we want action.
- e. Respect: Players, Coaches, and teachers. Coaches will respect you and expect it in return.
- f. Attendance: to all games and practices. You must let us know at least a day in advance if you cannot attend. (Valid reason must follow.)
- g. CLUB vs. HS: During the year, these two may conflict. If you plan on staying in HS Soccer you will participate in our workouts, games, etc. If the coach is informed ahead of time, the player will be allowed to go light on hard activities. Sitting out is not permitted due to club or club coaches' demands. Again, **communication** is the key!

VIII. VIOLATIONS:

- a. Any violation of team rules or guidelines will be dealt with in the following way.
 - i. Meeting between player and coach.
 - ii. Meeting with player, coaches, and captains.
 - iii. Conditioning repayment.
 - iv. Parent, Player, and Coach Meeting.
 - v. Suspension from events, games, or practices.
 - vi. Removal from the program.
- * Most violations follow the above steps; the coach reserves the right to skip steps if the nature of the violation requires such action.

IX. FITNESS GOALS/EXPECTATIONS

Proper physical conditioning is a MUST. To play at your best level and keep injury risk reduced, athletes should be exercising regularly (3x/week) even during the off-season. Regular exercise and conditioning will not only keep athletes in top form, but will also improve stamina, endurance, agility, and speed - all of which are critical to game performance. Exercise should focus on cardiovascular endurance, core strength, agility, and flexibility. Running, yoga/Pilates, ladders, and targeted weight-bearing exercises just some of what can do either at home or at a gym to keep in top form. We will begin pre-season conditioning on Monday, September 30, but you should already be working out at least 3x a week and keep that up continually.

Examples of what we expect to see at try-outs in January include:

- Ability to run 1/4 mile (1 full lap around the track) in 3 minutes or less.
- Ability to run a full field sprint in 30 seconds or less for multiple reps.
- Ability to hold a plank for at least 90 seconds.

X. TRAINER

- a. We have a trainer on campus this year, who works for PT Solutions. Rebecca Smith. Rebecca.smith@ptsolutions.com
- b. It is the sole responsibility of the trainer to decide if you are practicing or not. You must check-in with her before the decision is made that you are too injured to practice or play.

XI. PARENTS

- a. Be a positive member of our program: Example: Boosters, be supportive of coaches and other players, never be caught being a negative influence. If you do, you are spreading the wrong attitude.
- b. Playing time and other players will never be discussed by coaches to any parents. Sprayberry policy.

XII. CONTACTS

- a. Email Coach Nelson at james.nelson@cobbk12.org if you have any questions about the Girls Teams.



Sprayberry Soccer Spectator Behavior Expectations

- Remember that school athletics are a learning experience for students and that mistakes are sometimes made.
- Admission is a privilege to observe the contest, not a license to verbally assault others or be generally obnoxious. There is no such thing as a 'right' to attend interscholastic athletics. Interscholastic athletics are considered a 'privilege' and any spectator who attends an event is expected to conduct him/herself accordingly. Be a positive role model at events through your actions.
- Remember that you are at the context to support and yell for your team and to enjoy the skill and competition, not to intimidate or ridicule the other team, coaches, fans, or officials. Show respect for the opposing players, coaches, spectators, and support groups.
- Learn the rules of the game so that you may understand and appreciate why certain situations take place.
- Respect the integrity and judgment of game officials. Understand that they are doing their best to help promote the student-athlete and admire their willingness to participate in full view of the public.
- Praise student-athletes in their attempt to improve themselves as students, as athletes, and as people - just like you would praise a student working in the classroom. Recognize and show appreciation for an outstanding play by either team.
- Refrain from the use of any controlled substances (tobacco/vape, alcohol, drugs, etc.) before, during, and after the practice, scrimmage, game, and/or tournament on or near the site of the event.
- The school is responsible for the behavior of its spectators. Parents and spectators need to be aware that the school will remove them from the premises and will prohibit them from attending future contests due to undesirable behavior. Game officials can ask that school administrators have unruly fans removed from a contest facility. If this occurs,

the spectator will be suspended from future contests. The length of the suspension will be determined by the athletic director along with school officials and will be based upon the severity of the offense.

Sprayberry Girls Soccer

Fees & Payment Schedule

Fees for the 2025-2026 season are **\$700**/per athletes.

The Sprayberry Girls booster club runs \$40,000 program budget. Booster fees go to purchase equipment, Uniforms, pregame meals, Veo Subscription, player packs, Kickoff Banquet, Awards Ceremonies and other fees.

Payment Schedule:

The following amounts are due PER ATHLETE on the following dates:

Season Dues

- September 30th: \$175
- October 21th: \$175
- November 18th: \$175
- December 16th: \$175

If you pay on time monthly and keep payments current, a \$25 credit will be offered for the December payment, making that \$150 instead of \$175. This offer is ONLY for those who pay on time and have a remaining balance of \$150 on December 15th. Also, if you pay in full by November 30th, you may deduct the \$25 for a total of \$675. Dues must be paid by the Kickoff Banquet.

Volunteers receive a \$50 credit towards player dues. In order to receive credit for volunteering you must sign up for and complete at least 3 volunteer activities through the SignUpGenius link that will be sent out to all parents at the beginning of the season.

Dues can be offset via our Snap Raise fundraiser. Please make sure your player signs up to participate. We will do 2 fundraisers. A fall campaign for returning players and a winter fundraiser for incoming players. Any further questions can be directed to George Ramsay at stixx1001@yahoo.com.

Payments may be made by the following methods.

- Venmo to @Liliane-Namango

- Checks can be made to "Sprayberry Girls Soccer". Payments of cash or check should be placed in sealed envelopes with Sprayberry Girls Soccer and the player's name. Contact Coach Jim Nelson for drop off instructions.

Cobb County School System Student-Athlete Social Media Guidelines

Given consideration to accessibility and use of social media in today's society, the Cobb County Schools Athletic Department is recommending guidelines to assist our athletes in developing the skills needed to make positive decisions while using social media outlets. The need to understand what social media is appropriate, and what is not is paramount, as many employers and colleges now view potential candidate's social media activities before asking them to join their organization. This is specifically evident in collegiate athletics where students have had scholarships revoked, served suspensions, and are occasionally removed from teams.

The below guidelines should be used to assist student-athletes in deciding what to post on social media outlets. They provide a set of parameters to stay within when deciding to post statements and photos. Coaches will assist by being a resource that athletes can turn to for advice.

Social Media use should not violate the CCSD Student Code of Conduct, JCDA (High):

- Post should not be demeaning or disrespectful to teammates, coaches, peers, or other institutions.
- Post should not contain profane, vulgar, obscene, or offensive language.
- Photos should not contain nudity, be vulgar, obscene, or offensive in nature.
- Photos or written posts should not contain or reference illegal acts.
- Post should not cast a negative image or negative perception of the athlete, team, or school

Sprayberry Soccer Student-Athlete Social Media Agreement

Social media can be a useful tool to communicate with teammates, fans, friends, coaches, etc. Social media can also be a dangerous outlet if you are not careful. Every picture, link, quote, tweet, status, or post that you or your friends put online is forever a part of your digital footprint. You never know when that will come back to help or hinder your reputation. Inappropriate social media content in violation of Cobb County's Social Media Guidelines can lead to suspension or other disciplinary action. Additionally, you could be harmed down the road as you apply for colleges, jobs, etc. Always be aware to keep your social media presence positive! **Recognize the following by initializing each item:**

____ I take full responsibility for my online profile, including any and all posts, videos, photos, etc. that may be posted by others that include me.

____ I will NOT degrade or insult *anyone* at any time. This includes not talking down about opponents before, during, or after games.

____ I will only post positive things about myself, my teammates, fellow students, parents, opponents, and officials. (This will come with a fine this year - GHSA Policy)

____ I will use social media purposefully to positively promote teams, abilities, communities, and social values.

____ I will use social media with the "Is this the ME, I want you to see?" mentality in mind every time.

____ I will ignore any negative comments made and will NOT retaliate at any time.

____ If I see a teammate post something negative online, I will have a conversation with that person. If I do not feel comfortable initiating a conversation, I will bring this issue to the team captains or coaches.

____ I am aware that I represent myself, my school, my team, my family, AND my community, and promise to do so in a positive manner.

Athlete Name (Printed)

Parent/Guardian Name (Printed)

Athlete signature & Date

Parent/Guardian Signature & Date



SPRAYBERRY GIRLS SOCCER
GUIDELINES AND RULES
SIGNATURE FORM 2025-2026

PLAYER NAME: _____

CIRCLE ONE:

FRESHMAN

SOPHOMORE

JUNIOR

SENIOR

We have read the above rules and guidelines and agree to follow them before, during, and after the season. I also understand and will accept the consequences of breaking these rules/guidelines. By signing below, I realize that COMMUNICATION is the key and will adhere to the rules.

Player Signature

Date

Parent/Guardian Signature

Date