



# Lincoln Park High School SOCCER PROGRAM HANDBOOK 2023-2024



[www.lphs-soccer.com](http://www.lphs-soccer.com)

## WELCOME TO LP SOCCER!

Welcome! All student-athletes *and* their parents/guardians must read this handbook thoroughly. This is a fillable pdf, so please sign, save and turn it in with the rest of your registration forms. Feel free to contact me to discuss any questions or concerns.

Athletes and parents/guardians should download the “Teams” app from MaxPreps, and subscribe to their official schedule. This is usually up-to-date, but always defer to your coach’s emails.

The coaches would love to meet all families to discuss questions or concerns, I encourage everyone to stop by a practice or attend games to introduce yourself.

Please also get involved with LP Soccer Boosters! Our program includes over 150 athletes on six teams, so the Boosters play a key role helping the coaches organize, fundraise and communicate.

Finally, please be sure officially register at our website [www.lphs-soccer.com/register](http://www.lphs-soccer.com/register), and follow the team on Instagram [@lphssoccer!](https://www.instagram.com/lphssoccer/)

Again, we are pleased to have you join our program!  
– Geoffrey Ruttenberg, LP Soccer Director

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## COACHING STAFF

**Geoffrey Ruttenberg:** Director of LP Soccer and Head Coach, Boys and Girls Varsity, [gwruttenberg@cps.edu](mailto:gwruttenberg@cps.edu)

**Matt Levine:** Coach, Boys and Girls Junior Varsity, [mplevine@cps.edu](mailto:mplevine@cps.edu)

**Matt Dunaway:** Coach, Boys and Girls Freshmen/Sophomore, [mdunaway@cps.edu](mailto:mdunaway@cps.edu)

**Sara Osoba:** Assistant Coach, Boys and Girls Teams, [smosoba@cps.edu](mailto:smosoba@cps.edu)

**Matt Miller:** Coach, Boys and Girls JV2, [mmiller102@cps.edu](mailto:mmiller102@cps.edu)

## LPHS CONTACTS

**Daniel Ostrozouich**  
Athletic Director  
[lphsathletics@cps.edu](mailto:lphsathletics@cps.edu)

**Dr. Eric Steinmiller**  
Principal  
[easteinmille@cps.edu](mailto:easteinmille@cps.edu)

## COACH RUTTENBERG'S BACKGROUND

Coach Ruttenberg possess 17 years of soccer coaching experience, including 2+ seasons of Professional Men; 9 seasons as the Head Coach for the Lincoln Park High School Girl's Varsity; 9 seasons as the Head Coach for the Lincoln Park High School Boys Varsity; and 9 years as the Director of Soccer Operations. Coach Ruttenberg is the winningest coach in LPHS Soccer History. To date, Geoffrey has brought 6 Trophies (Championships) to LP Soccer and as of May 2023 coached over 350 games for Lincoln Park High School.

Geoffrey has a resume that includes some professional coaching as well as numerous NSCAA and NFHS degrees and certificates, including the NSCAA National Diploma and the NFHS Accredited Interscholastic Coach Level I & II. Geoffrey has also studied with LMA, comprised of past and present English Football Coaches. Aside from memberships with the NSCAA and NFHS, Geoffrey is a member of of the PCA and sits on the CPL Boys Soccer Competition Committee. Geoffrey graduated from Tufts University with a B.A.





## MISSION STATEMENT

The mission of LP Soccer is to showcase the most talented Varsity and JV players and position ourselves to win the city championship each year. Our goal is to provide a competitive arena where student-athletes can display their talents, enhance their skills, and gain greater technical and tactical understanding of and appreciation for soccer.

## LP SOCCER PHILOSOPHY AND EXPECTATIONS

Welcome to the LP Soccer! We are proud of our school and the Culture of Excellence upheld in the Soccer Program. We expect our athletes and families to share the following commitments with us.

1. We respect the individual and believe individuals who are treated with respect and given responsibility respond by giving their best.
2. We require honesty and integrity in everything we do.
3. We respond with a sense of urgency to any matters related to our athletes and our program. We accept responsibility for problems and are always responsive. We are student-driven and hope each athlete (1) can enhance the whole team with their personalities and knowledge and (2) take away positive experiences from their soccer participation, which will be useful later in life.
4. We make commitments with care, and strive to live up to them. In all things, we do what we say we are going to do – or explain it in a straightforward manner if we cannot.
5. We give our best effort in everything we undertake. The coaches see and understand the difference between “good mistakes” (best effort, bad result) and “bad mistakes” (sloppiness or lack of effort).
6. We strive to express clarity in our mission, goals and what we expect from the other. This is critical to our success.
7. We are frugal and fiscally responsible. We guard and conserve LP Soccer’s resources with the same vigilance that we would use to guard and conserve our own personal resources.
8. Athletics, competition, hard work and effort are important parts of life. Therefore, the LP Soccer should be viewed no differently than any other class or school organization and its members must be diligent, organized and responsible.
9. LP Soccer should be fun and enjoyable. Being serious and diligent about LP Soccer and athletics does not mean being stuffy and boring. Being prepared leads to a greater enjoyment, more fun and continued success.
10. We believe in the principles of sportsmanship and treating others as one would wish to be treated. We expect players and spectators to be friendly, courteous, fair and compassionate.
11. We value open communication and maintain an “open door” policy. This means anyone can reach out to any coach for feedback, brainstorming or problem solving. If serious issues arise, a Head Coach must be made aware immediately. Communication is essential if we are to leverage our few resources wisely, and keep our energies focused on the goals.
12. Trust is an essential component of a strong and successful relationship, and for that reason our athletes and parents are expected to adhere to a high level of ethics. Coaches will deal with everyone honestly, and represent facts and circumstances in a straightforward way.
13. We do not micro manage our athletes, but provide each athlete the flexibility and freedom to be in charge of their lives and athletic careers. Therefore, it is paramount that each athlete understands the expectations and guidelines of participation.
14. With around 150 participants in LP Soccer, we take our rules, regulations and guidelines seriously. **We want to make it clear: practice IS required, it is not optional.** Soccer is a team sport and all must attend to grow individually, while strengthening the team. Every athlete is expected to arrive 15 minutes early, dressed and properly attired for training and the weather.



## LP SOCCER STUDENT-ATHLETE EXPECTATIONS

The LP Soccer coaches set expectations for its players. We expect all our student-athletes to display a competitive spirit, outstanding sportsmanship and exemplary character throughout the year – on and off the field.

- 1. Go to class.** Players are expected to manage their academic and athletic commitments with proper organization, planning and time management. Turn in schoolwork on time and stay academically eligible. **Having a lot of homework is NOT an excused absence** for practices or games. Also, unexcused absences from school may result in suspension from practice(s) or game(s).
- 2. Go to practices and games.** Unexcused absences from soccer include missing practices or being *excessively late without* prior approval. Excused absences include missing practices or being late but are communicated to and *approved by the coach ahead of time*. Unexcused absences may result in suspension from games, and possible expulsion from the team. The coaches understand emergencies occur, we are asking for clear and timely communication, either from the athlete or the parent. Each infringement will be dealt with on a case-by-case basis, but in general we will implement:
  - **1st unexcused absence:** Benched for game
  - **2nd unexcused absence:** Benched for the next game
  - **3rd unexcused absence:** Expulsion from team
- 3. Participation** in the soccer program is considered a privilege and requires student-athletes to commit their time, energy and loyalty. All players must respect and adhere to coach decisions.
4. Players are expected to **respect** their parents, coaches, teachers, teammates, game officials, game opponents, and – most importantly – themselves, at all times.
5. All student-athletes are expected to **play hard** for their teammates, for themselves and for the love of the sport.
6. At all times, players must conduct themselves in a way that best represents themselves LP Soccer. Personal appearance, demeanor and professional conduct should be at the highest standards when representing LP Soccer.
7. There is ZERO TOLERANCE for **drug or alcohol use**, anytime, anywhere, whether performance-enhancing or otherwise. A violation of this policy will result in suspension or expulsion from the LP Soccer.
8. There is ZERO TOLERANCE for sexist, homophobic, transphobic or other **offensive remarks** to each other or to opposing teams.
9. State rules do not allow players to play on more than one team at a time during the same season. Players may play on travel teams only when our season is over.
10. Players and parents are responsible for avoiding conflicts between personal interests and those of the team. Conflicts can arise with suppliers, vendors, clients and other companies seeking to do business with our program. Conflicts of interest can also occur when an athlete or parent is employed by a competitor or business whose interests may conflict with our program. Families can avoid a conflict of interest by communicating immediately with the coaches.





## IMPORTANT POLICIES

- 1. Download the MaxPreps “Teams”App, log in and suscribe to your team schedule. The team code will be sent before the season starts.**
- 2. Registration:** All players must register at [www.lphs-soccer.com/register](http://www.lphs-soccer.com/register) and turn in all paperwork before trying out.
- 3. Paperwork:** All players MUST complete and turn in all required athletic/school forms prior to any practices or tryouts. The forms can be found on our website at [www.lphs-soccer.com](http://www.lphs-soccer.com), or in the Soccer section of the LPHS website.
  - Completed **physical form** (Pre-participation Examination) signed, dated and stamped by their physician, clearly stating “yes” the athlete is physically able to participate.
  - **Concussion form**
  - **Performance Enhancing Drug Form**
  - **Player Record Card**
  - **Roster acceptance**
  - **Exchange & transfer forms** if necessary
- 4. Practices start between 4 – 4:30 p.m. depending on your team placement.** Be ready to play! Wear weather-appropriate attire. Players are required to promptly leave the field after practices. If practice is before-school, players must get to school and be ready for class on time. If players are going to be absent or late for a practice or game, the player or parent must contact the coach ASAP. If players need to leave early, please request permission before practice or the game. ***Your coach may restrict training, game playing time or even expel you from the program should attendance become an issue.*** See more attendance details on p. 4.
- 5. Games:** Athletes must arrive at games per their coach’s instructions, in full gear and ready to play. If the team needs to leave school early to get to a game, players must give their teachers the field trip form, which is included on the school website.
- 6. Game Transportation:** For safety reasons, if the team is transported by a school bus to a game, all players must also take that bus home. If a parent/guardian wishes to take their player home after the game, it must be clearly communicated to the coach.
- 7. Practice gear:** Players must be ready for all weather, indoor or outdoor practices. This includes cleats, gym shoes, water bottles etc. Players who are not appropriately uniformed will not practice.
- 8. Rosters:** No athlete will be added to the team roster after the announced roster deadlines, as stipulated by CPS and IHSA.
- 9. Schedules:** Links to game schedules will posted on [www.lphs-soccer.com](http://www.lphs-soccer.com) and on MaxPreps “Teams” app.
- 10. Attendance:** Coaches must notify the Athletic Director immediately if any athlete misses more than 3 practices and/or games without being properly excused.
- 11. Donations.** LP Soccer will accept any amount a family can donate, suggested donation is \$150. These fees are necessary to operate the program, pay for refs, field permits and general equipment. Donations are not required, but strongly encouraged! All players must also purchase their own uniform and personal equipment. If any parent/athlete has a concern about their financial ability to pay, please contact Coach Ruttenberg.
- 12. Non-Discrimination and Anti-Harassment Policy**

LP Soccer is committed to an environment where are treated with respect and dignity. Each athlete has the right to train and play in an atmosphere that promotes equal opportunity and prohibits discriminatory practices, including harassment or hazing. LP Soccer expects all interaction among athletes be free of bias, prejudice and harassment.

Harassment includes all types of physical or verbal conduct that shows hostility toward a person based on that person’s race, color, religion, gender, national origin, age, disability or sexual preference, to name several examples. If it creates a hostile, intimidating or offensive environment, unreasonably interferes with a person’s performance, or otherwise adversely impacts the individual’s ability to enjoy their participation, it is harassment. We do recognize that teenagers tend to play jokes and make fun



of each other in a non-malicious but playful manner from time to time. If a line is crossed and an athlete feels uncomfortable with playful banter or feels harassed, please notify your Head Coach immediately.

Disciplinary action, up to and including dismissal, will be taken against anyone engaging directly or indirectly in the above-mentioned types of harassment/discriminatory behavior. Disciplinary action may also be taken against anyone who, in bad faith, makes a false or dishonest claim of harassment or discrimination.

LP Soccer requires the immediate reporting of all perceived incidents of harassment/discrimination. Please inform your coach immediately.

**13. Media Consent:** As part of our efforts to highlight the LP Soccer Program, coaches and Boosters take photos of our athletes throughout tryouts and the season to use on our website and all social media platforms. As such, **by signing this Handbook, you acknowledge, expressly consent and give permission** for LP Soccer to use photos of your son/daughter, including their name, as part of our Program promotions. We also encourage you as players and parents to share your photos with us (email to [lpssoccerboosters@gmail.com](mailto:lpssoccerboosters@gmail.com), or upload to our shared drive).

If you do not want your athlete's image or name used, please email Head Coach Geoff Ruttenberg at [gwruttenberg@cps.edu](mailto:gwruttenberg@cps.edu) before tryouts, so we know not to publish.

## BULLYING POLICY

It is important for everyone to know and remember that **bullying is absolutely not tolerated** within the LP Soccer Program, and we have several policies and procedures in place to prevent it within our school and online, as well as disciplinary procedures to address instances of bullying or cyberbullying that occur. Those include:

Our Bullying Prevention Policy (see LPHS Student Manual) articulates the processes for reporting bullying, how we respond to and investigate allegations of bullying and the potential consequences of violating the policy.

- When incidents of alleged bullying occur, we immediately address them with interventions and, as appropriate, we implement disciplinary procedures.

- We use a variety of disciplinary procedures, ranging from Parent/Guardian conferences, to suspension, to expulsion.

- The Bullying Prevention Policy is reviewed and re-evaluated on an ongoing basis, as necessary.

We have Standards of Behavior expectations for student conduct both in school and out of school. These include: treating members of the school community with respect and courtesy and accepting one another's individual differences in that context; respecting the property of others; and subscribing wholeheartedly to traditional principles of good conduct including truthfulness, honor, civility and loyalty to the School.

The LPHS Student/Family Handbook also outlines LPHS's expectations for students on social media, including being respectful of the School and themselves at all times, balancing their individual expression with the interests of the School and reminding them that everything done online can and will live forever.

Most importantly: please be sure to speak up if you or someone you know has been the subject of bullying or is otherwise in need of support.





## SAFETY

### General Philosophy

Every athlete or parent of LP Soccer must help us maintain a safe, comfortable environment. As a Program, we can provide plans and guidelines, but we rely on you and all other related parties to inform us if you ever notice a potentially unsafe situation.

Safety has many dimensions within the program – everything from field conditions, weather, dress or just being on the lookout in the event that anyone threatens to do harm to you or a teammate.

### Violence Prevention

Fighting, horseplay or other such misconduct may be dangerous to others and is not allowed at training, matches or other off-site events.

Firearms, weapons and other dangerous or hazardous devices are prohibited on CPS premises.

Conduct that threatens, intimidates or coerces another cannot be tolerated at LP Soccer.

Any of these examples listed above may be used as grounds for suspension or immediate dismissal from the Program.

### Safety Tips

The following are general safety considerations.

- Each athlete needs to be properly attired with shin guards, appropriate shoes/cleats and uniforms.

- Each athlete should have a set of indoor/outdoor appropriate equipment and attire that is brought to every practice.

- Each athlete must be properly nourished and hydrated before and during every match or practice.

- Each athlete must make their respective Coach aware of any allergies, injuries, physical limitations or the like that could impact their health, safety or well-being.

- Each athlete must complete their emergency contact list prior to participating in tryouts.

- Each athlete must inform at least one parent of his or her whereabouts prior to a training session or match.

If you have any concerns or suggestions for improved safety, please contact Coach Ruttenberg.

## PARENT/GUARDIAN EXPECTATIONS

Parent/Guardian involvement is essential to the success of our program.

1. Register your athlete, make a donation and turn in all required forms.
2. Make sure your athlete has proper attire.
3. Help your child be independent, organized and responsible.
4. Demonstrate good sportsmanship at all times, especially on the sidelines during games. Not every referee's decision will be applauded, so please refrain from negative feedback during our games. The coach will handle any interaction with the officials. Additionally, as a PCA (Positive Coaching Alliance) member, it is the coach's responsibility to teach your sons/daughters the proper demeanor on and off the field. Coaches want parents/guardians to help set the proper tone.
5. Support the coaches in all decisions.
6. If an athlete has any questions or concerns, please encourage your son/daughter to speak with their coach and have a direct conversation.
7. Volunteers: We are always looking for volunteers to be a Team Parent. This person assists in communicating to parents/guardians, helps arrange rides, plans possible parent social and team-building events like tailgates and snacks, and assists in ensuring the player's experience this year will be a positive one. Anyone interested please email LP Soccer Boosters (more info below) at [lpoccerboosters@gmail.com](mailto:lpoccerboosters@gmail.com). We are also looking for a parent to help with registration, administer our website (wix.com) and promote us over social media!



## LP SOCCER BOOSTERS

LP Soccer Boosters was created as a 501(c)3 in 2017 to support the Head Coach and help strengthen the LP Soccer. We work closely with the Head Coach to update policies, communicate with parents, address coaching needs and issues as they arise.

The Boosters are responsible for collecting player fees, buying equipment, paying referees, updating the player handbook and maintaining the soccer program's bank account. We organize outings to Fire and Red Stars games, free coed LP soccer events at the Fire Pitch in the winter, season kick off parties, an annual meet & greet party for LP Soccer parents and end of the season banquets. The Boosters also recruit and support the Team Parent for each team (Fresh/Soph, JV and Varsity).

The Boosters meet the second Thursday of every month, and coaches are usually in attendance. All LP Soccer parents are encouraged to attend to bring up concerns, become more informed or find out how to be more involved. Officers serve a one year term.

Questions may be addressed to the current Booster President, Ellen Ericson at [lpsoccerboosters@gmail.com](mailto:lpsoccerboosters@gmail.com).



**LPHS**  
SOCCER  
BOOSTERS







# LP SOCCER PROMISE

## I PROMISE

I promise to give LP Soccer my all. There will be no lazy efforts or lack of focus. I will trust the process.

I will do everything in my power to prepare and play for this team and this Program.

Every day, every practice, every play, I will bring enthusiasm, effort and pride in upholding the standards of LP Soccer.

I will allow myself to be corrected and coached.

I will put my team first and all of my actions will be to the benefit of my teammates.

My actions will reflect this promise.

.....  
(Athlete: Print Name)

.....  
(Date)

.....  
(Athlete: Signature)

.....  
(Parent/Guardian: Print Name)

.....  
(Date)

.....  
(Parent/Guardian: Signature)





# LP SOCCER Roster Acceptance

To: Geoffrey Ruttenberg, Varsity Head Coach; Matt Levine, JV Coach; Matt Dunaway, F/S Coach  
Re: LP Boys/Girls Soccer **Roster Acceptance**

From: \_\_\_\_\_  
(Athlete: Print Name) (Date)

I will accept the LP Boys/Girls Soccer Roster Spot offered to me, and by doing so I also agree to the following:

1. I commit to attend every single LP Boys/Girls Soccer practice and game throughout the season, unless my Coach excuses me ahead of time;
2. If I have a legitimate reason for **missing a practice or a game**, it is my responsibility to demonstrate in a timely fashion to the Coaching Staff that the reason is actually legitimate. I will communicate this to the staff at least 24 hours prior to the practice or game;
3. I will not cut class, and if I have a legitimate reason for **missing a class**, it is my responsibility to demonstrate in a timely fashion to the Coaching Staff that the reason is actually legitimate. I will communicate this to the staff at least 24 hours prior to the practice or game;
4. If I have an **unexcused absence** from any class, practice or game, I will not be permitted to participate in the next practice or game in which I am rostered;
5. I will abide by the LPHS Student Athlete Code of Conduct;
6. Repeated violations of any of these items will be grounds for dismissal from the LP Boys/Girls Soccer Program for the entirety of the season as set forth in the LP Student Athlete Code of Conduct and as determined by Coach Ruttenberg, Coach Levine, Coach Dunaway and the LPHS Athletic Department.

\_\_\_\_\_  
(Athlete: Print Name) (Date)

\_\_\_\_\_  
(Athlete: Signature)

\_\_\_\_\_  
(Parent/Guardian: Print Name) (Date)

\_\_\_\_\_  
(Parent/Guardian: Signature)

