

Lincoln-Sudbury Regional High School

GIRLS SOCCER

PLAYER/PARENT MEETING

JUNE 2011

Dear Warrior,

Thank you for coming this evening. This meeting is designed to give you all of the information you will need about the soccer season next fall at L-S. I am excited to be the coach of this incredible soccer program. You can find all of the information here at our website:

<http://www.lsrhs.net/athletics/GirlsSoccer/index.html>

Please read this packet. It is a good first step in preparing yourself to become a Warrior for the upcoming fall soccer season at Lincoln-Sudbury Regional High School. This packet—based on a varsity standard—is designed to help you to meet program expectations as well as the personal goals you should establish for yourself in preparation for the season.

Players: When you get home this evening, please go to the LS Girls Soccer homepage <http://www.lsrhs.net/athletics/GirlsSoccer/index.html> and click on the survey link to submit your contact information as well as indicate your interest in receiving more information about summer league and prep camp.

THE COACHES:

Kate Berry	Varsity Coach	kate_berry@lsrhs.net
Katie McCarthy	Assistant Varsity Coach	katie_mccarthy@lsrhs.net
Matt Wentworth	JV Coach	matthew_wentworth@lsrhs.net
Charli Asta-Ferrero	9 th grade Coach	charli_asta-ferrero@lsrhs.net

THE THREE TEAMS:

Each year we have a large number of players who try out. While we try to include as many as possible, unfortunately not everyone will be able to participate.

9th GRADE → FUN, competitive, developing skills and character, all players who fulfill the requirements of the coach are guaranteed playing time. It is our expectation that all players on this team will be working to improve and to move to the next level.

Junior Varsity → FUN, more competitive, development of higher level of individual and team tactics, feeder program for varsity (although not a guarantee of making the varsity team). Everyone gets playing time, but it is left to the coach's discretion as to how much.

Varsity → FUN, most competitive, high level of tactical and technical ability, playing time is not guaranteed.

THE PHILOSOPHY:

We are first and foremost one program made up of three teams. This means that we do not see one group as better than another, but that we are all working toward the same goal with the same purpose. We will emphasize excellence both on the field and off. We will demand a full commitment to the team and we will promote the skills and characteristics that will help us improve. We will challenge all involved to fulfill their potential. We will become students of the game and we will encourage the love of the sport. Most importantly we will have fun through competition. If it's not enjoyable, it's not worth it!

THE SEASON:

2011 Schedule (as of 6/7/2011):

See attached

We give you the schedule now, almost three months in advance, to facilitate your commitment to the program. Though not common, changes in our schedule are possible, especially for make-up games. Excused absences include family emergencies, illnesses, religious obligations, and seniors' college visits. Seniors should be prudent in scheduling college visits to avoid game conflicts! Please keep in mind that if varsity qualifies for post-season play, it is easier to attend a college visit on the day or so *immediately following* the final regular season game than it is later that week. Also, all players must read and understand the MIAA Bona Fide Team Member rule (p. 4) to eliminate conflicts and suspensions.

REGISTRATION:

The best time to file your forms and fees is **now, before** the end of the school year!

Any student-athlete participating in girls' soccer must have turned her paperwork in before attending her first training session. You will not be allowed to participate without first filing this information. If you cannot participate, coaches will not be able to evaluate you.

The athletic office (Building B, Lower Level) will be open for registration during school hours in June. It will also be open August 22-24 9:00-12:00.

ALL athletes must turn in the following forms:

1) Physicals:

*Must be turned in to the HEALTH office, not the athletic office

*Physical must be dated July 25, 2010 or later

*Physical forms may be sent to the health office (attn: health office) during the summer

2) Permission to participate form

3) Chemical Health rule form

4) Concussion Awareness Form (this is new and requires completion of an online concussion course)

5) User Fee: A user fee of \$365 is charged to each athlete.

*There is a link to the online payment page on the LS Girls Soccer website.

You may also pay by check. Please make checks out to Lincoln-Sudbury Regional High School. Do **NOT** mail checks.

*There will be an automatic refund if an athlete does not earn a position in the program or suffers a season-ending injury prior to or during the first regular season contest.

*There will be no refunds if an athlete quits or is removed from the team for any school or MIAA rule violation.

*Financial aid is available.

NOTE: You can download all forms online from the LS Girls Soccer website,

<http://www.lsrhs.net/athletics/GirlsSoccer/index.html>, or the LS Athletics website,

<http://www.lsrhs.net/athletics/website/homepage.html>

(You can only download and print forms from the website. You cannot submit forms online.)

TRYOUTS

Schedule for tryouts:

See attached

Selection criteria include, but are not limited to, the following:

- * soccer mastery: technical execution, technical speed, tactical acuity, tactical speed
- * athletic ability: speed, quickness, agility, explosiveness, strength, stamina, balance
- * positive attitude: team-first spirit, work ethic, enthusiasm, energy, confidence, commitment level, “coachability,” Warrior pride
- * leadership qualities
- * experience
- * maturity: physical, emotional, social
- * fitting talents to needs
- * perceived potential
- * previous placement within program
- * “chemistry”
- * challenge performance

What to Bring to Tryouts:

- * Inflated size 5 soccer ball (with your last name written in permanent marker)
- * Soccer shoes (do **not** use new soccer shoes for tryouts)
- * Running shoes (make sure that you have running shoes for each and every training session)
- * Shin pads
- * White tee-shirt with your last name and class written in lettering large enough to be seen from across the field (4”-5”)
- * A Full Water Jug (half-gallon +)
- * Sun block and bug spray
- * Mouthguards are recommended, but not required

Summer Soccer Opportunities:

YOU MUST GET YOURSELF INTO SOCCER SHAPE BEFORE PRE-SEASON!

THIS IS ESPECIALLY TRUE FOR VARSITY CANDIDATES!

Recommendation: Playing soccer is the best way to improve technical, tactical and physical fitness. There are number of day / overnight camps in the area that are quite good. Talk to your friends and see what their experiences have been. If there is a college for which you might be interested in playing, find out if it has a camp. IF YOU PLAN TO ATTEND A CAMP, MAKE SURE YOU ARE FIT BEFORE YOU GO!

For summer league (July 10 - August 11) information, please contact Carl Vercollone: cr@vercollone.us

For “prep camp” (August 22-24) information, please contact Wendy Casey: wendy.casey@comcast.net

And, of course, you can always contact the captains with any questions you have over the summer: Madison Acton maddy77@comcast.net, Emily Casey striker95@comcast.net, and Rachel Sexton rachel.sexton@comcast.net

COMMUNICATION:

It is our hope and expectation that problems that might arise will be dealt with in a direct and cordial manner. Players should speak to the coaches directly. If the concern remains, the parent or student should then contact Nancy O'Neil (Athletic Director).

POLICIES:

Academics: All members of the program are students first and classes take priority. While a student should try to plan around practices and games when possible, academics should never be sacrificed for sports.

Chemical Health: A student shall not, regardless of the quantity, use or consume, possess, buy/sell or give away: any beverage containing alcohol; any tobacco product; marijuana; steroids; or any controlled substance.

Bona Fide Team Rule: Members of a school team may not miss a high school practice or game for an out-of-school team. Violators will be ineligible and cannot play in the MIAA tournament.

Taunting: "Trash talking" and insults by players and PARENTS is not acceptable.

Hazing: The hazing of other players on the team is illegal. Hazing is defined as treatment of players that is embarrassing, harmful, and/or degrading.

Parking / Pick-up: Students and parents may not park anywhere but in the designated spaces in the parking lot. For safety reasons, you may not be dropped off or picked up in the bus loop.

Enjoy a happy summer full of healthy choices. See you in August! =)

Reminder:

Players: When you get home this evening, please go to the LS Girls Soccer homepage <http://www.lsrhs.net/athletics/GirlsSoccer/index.html> and click on the survey link to submit your contact information as well as indicate your interest in receiving more information about summer league and prep camp.