

L-S BOYS SOCCER

PARENT/PLAYER MEETING

2011

Dear student-athletes and parents--

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 one of the best soccer programs in the state and I expect that we will continue to have a successful program. You can find all of the information here at our website: <http://www.lsrhs.net/athletics/boysoccer/>

THE COACHES:

David Hosford	Varsity Coach	david_hosford@lsrhs.net	978-318-0475 (H) 978-505-1583 (C)
Jim Berry	Assistant Varsity Coach	jim_berry@lsrhs.net	
Alfonso Abadia	JV Coach	alfonso_abadia@lsrhs.net	
JK Park	Assistant JV Coach	jk_park@lsrhs.net	
Greg Gammons	9 th grade Coach	greg_gammons@lsrhs.net	
Peter DuPuis	Goalie Coach		

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. Between the three programs, there will be between 60-65 players.

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.
- ☑ Our collective goal is to continue to have one of the strongest programs in the state.
- ☑ 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 foster individual brilliance, but it is our belief that a player who cannot make others around him better is a flawed athlete. The best skilled player is not always the best soccer player.

- Soccer is a game of physical and mental excellence and we will place an emphasis on developing a holistic player who is prepared to compete technically, physically, and mentally with any opponent.
- We will promote heart, courage, and taking risks.
- 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!

SCHEDULE:

See attached sheet

REGISTRATION:

ALL athletes must turn in the following forms:

1) Physicals:

*Physical must be dated July 25, 2010 or later

*Physical forms may be sent to the athletic office during the summer

2) Permission slip

3) Chemical Health rule form

4) Concussion Awareness Form

4) User Fee: A user fee of \$365 is charged to each athlete. The check should NOT be mailed

NOTE: All forms are available online at: <http://www.lsrhs.net/athletics/importantdocs.html>

The athletic office (Building B, Lower Level) will also be open for registration during school hours in June. It will also be open August 22-25 9:00-12:00

TRYOUTS

Schedule for tryouts:

See attached

Selection Criteria:

- ❖ Team player → does the athlete exhibit an understanding of being a positive part of the team?
- ❖ Attitude → does the athlete display a positive and supportive attitude?
- ❖ Technical abilities → can the athlete strike and control the ball under pressure?
- ❖ Tactical understanding → does the athlete understand the tactics of the game and can apply/adjust them in the course of a game?
- ❖ Effort → is the athlete giving 100% effort?
- ❖ Fitness → has the athlete put in the time over the summer to get physically fit?
- ❖ Willingness to learn → does the athlete listen and try out new ideas?

What to Bring to Tryouts:

- Ball
- Cleats (do not use new cleats for tryouts)
- Running shoes
- 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")
- Water

READING ASSIGNMENT

Every player will be expected to read the book called *Elevating Your Game* by Jim Thompson. This is a simple, straight-forward book that explains the most important elements of being a good athlete and teammate. We have copies which you can purchase tonight or at a future date for \$10. Please make all checks out to LSRHS.

CAMPS:

There are number of overnight and day 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. There are a few camps with which L-S coaches/staff are affiliated.

➤ **Target Soccer Academy: June 7- August 4.**

www.targetsocceracademy.com

This is a camp run by David Hosford, Ray Pavlik (CC) and Dan McGrath (Reading). Our focus will be fitness and technique. We created this camp to allow players to train throughout the summer and to allow players to focus on skills that are not developed as much during the season. The pricing and expectation is that the players will make about 2/3 of the sessions

➤ **Target High School Preseason Camp; Sun-Thurs, Aug 15-18 from 5:00-8:00;**

This is the seventh year for this camp which will be held at C-C this year. It is an excellent chance for players to put the final touches on their pre-season preparation. It also allows them to compete with their peers from CC, AB, and Reading.

➤ **Battleground Training; June 27-Aug 11**

www.battlegroundtraining.com

This camp will be run by LS strength and fitness coach Shawn Miller. The goals of this camp are:

- To introduce a unique method of conditioning and training that combines primitive strength with functional fitness.
- To teach individuals the universal benefits of a functional exercise approach using varied modalities.
- To develop balance, coordination, mobility, endurance, speed, strength, and power in all athletes.

Note: Although the above programs are run by LS coaches, they are in no way affiliated with the LS Soccer program and there is NO expectation that a player wishing to play in the fall has to participate in these camps.

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).

KICKS FOR CANCER

For the last two years, LS has been a proud participant in the Kicks for Cancer game. This is an event which is hosted at CC and brings together the best teams in the league for a special night. This year, the event has been expanded to include A-B, Wayland, Brookline, Newton North, Reading, Lexington, Belmont, and Woburn. Because of this, I am hoping that we can take a more active role in helping with this event. I will be looking for 2-3 volunteers to represent LS in the planning stages at a meeting at CC in June. If you are interested, please send me a note.

POLICIES:

Academics: all member 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.

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. (see website)

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: Students and parents may not park anywhere but in the designated spaces in the parking lot.

ATTACHED:

- **L-S High School Covenants**
- **Role of parents, coaches and athletes**
- **Permission slip**
- **Chemical Health rule form**
- **Concussion Awareness Form**