

# LADY FALCON SOCCER NOTES

## CATHOLIC HIGH SCHOOL GIRLS SOCCER TEAM

**2008 -2009**

*"There is no need to suppose that human beings differ very much one from another: but it is true that the ones who come out on top are the ones who have been trained in the hardest school."*

Thucydides, *The Peloponnesian War*

## **Welcome to Lady Falcon Soccer**

Your decision to be part of the Lady Falcon Soccer experience means you have committed to being a 100% Team Member. The Team deserves every player give 100%. This 100% means keeping up your rigorous academic course work, family and church obligations, and adjusting your other extracurricular activities to permit you to attend practice, team meetings, and games. It means working hard to improve ball skills, physical conditioning and team play.

If you are a skilled soccer player, you are expected to help other players gain proficiency in ball skills and team play. You will be expected to be a resource for your teammates both on and off the playing field. The Lady Falcon Soccer Team can be successful only if every Team Member shows genuine concern for the success of every other Team Member.

If you are new to soccer, you are expected to become physically fit and work hard during scheduled practices and work diligently on your own to develop ball handling skills essential to success on the playing field.

You are expected to adhere to the Team Values and be a worthy example of Christian education.

This year your coaches will implement new warm up exercises designed to reduce the probability of serious orthopaedic injuries. It is your job to be on time for the start of every practice and game to get full advantage from these exercises.

Lastly, be sure you have properly sized shin guards that have the "NOCSAE" label. This is a new requirement from the National Federation for the 2009 season.

## Purpose

"Be strong and of good courage . . ." — Joshua, 1:6

The purpose of the Catholic High School Girls Soccer Team is to develop physical skills and mental toughness necessary for vigorous, successful competition at the high school level.

Your coaches are tasked with planning, organizing, training, and overall team management. Your coaches' aim is give every Team Member an opportunity to increase her soccer skills, team play and overall fitness.

Your coaches support Catholic High School in all matters of fair play and sportsmanship on and off the playing field. Accordingly, CHS expectations and rules of behavior and dress will be the norm in all CHS Girls Soccer Team activities.

In addition, your coaches adhere to and enforce the letter and spirit of the rules and policies of the Alabama High School Athletic Association (AHSAA).

## **CHS Girls Soccer Team Values**

Your Team's strength is more than the sum of individual player skills. The CHS Girls Soccer Team has enjoyed success not only because of skill and fitness, but because of CHS players' caring for one another. Your Team Values are the bedrock of how we represent Catholic High School.

**Loyalty** Be loyal to Catholic High School and to every member of the CHS Girls Soccer Team

**Duty** Fulfill all obligations. Accept responsibility for your own actions. Find opportunities to improve for the good of the Team.

**Respect** Live the golden rule. How we consider and treat others reflects well or poorly upon our character.

**Selfless Service** Put the welfare of the CHS Girls Soccer Team before your own. Selfless service builds teamwork and encompasses discipline, self-control, respect and faith in each other.

**Honor** Your word must be always your bond.

**Integrity** Do what is right, legally and morally. Choose the harder right over the easier wrong. Integrity is your "moral compass", your inner voice.

**Personal Courage** Personal courage allows you to face fear or adversity. Personal courage ensures success on the soccer field and in all aspects of life.

## **Organization**

It is anticipated that there will not be enough Team Members to form a Junior Varsity Team. Accordingly, every Team Member will be expected to strive for varsity level performance in fitness, ball skills and team play.

One or more Team Captains will be appointed by your coaches. Team Captain Duties are listed in the appendix.

Every Team Member contributes to the Team's success whether she watches the opening kick off from the bench or from her starting position the field. Team Members must earn their position and playing time priority as demonstrated by their soccer sense, soccer skills, physical fitness, and teamwork ability.

AHSAA allows no more than 22 Team Members to be listed on a game roster for a given game. Those Team Members not participating in a game are expected to arrive at the playing field at the designated time with the rest of the Team. Attendance at games is mandatory for all Team Members. Those Team Members not on the game roster will assist the coaches in managing team equipment and serving as ball handlers or timers.

## **Eligibility for Game/Practice Participation**

AHSAA rules may prohibit a player from participating in games under certain circumstances. The CHS Athletic Director will determine player game eligibility. CHS policies may also prevent a player from attendance at practice for academic or other reasons.

## Expectations

### **Pre-season Requirements:**

All Team Members must submit the following documents to the CHS Faculty Sponsor prior to any pre-season Girls Soccer Team activity:

Physical Examination Certificate  
Parental Permission Certificate, and a  
Birth Certificate Copy

In addition, each Team Member must submit her completion certificate of the **Star Sportsmanship Program** to the CHS Athletic Director. The Star Sportsmanship program is found at [www.learningthroughsports.com](http://www.learningthroughsports.com). This is an AHSAA requirement.

### **Understanding of Risks involved in Soccer**

Team Members and parents should understand that playing soccer involves risk of injury. The coaches will make every effort to minimize this risk by insisting on a high level of physical fitness and game sense.

This year your coaches will implement new warm up exercises designed to reduce the probability of serious orthopaedic injuries. It is vital that parents support this injury prevention program by ensuring players are on time for every practice and game.

Your coaches will maintain copies of the Parental Permission Certificates during all Team practices, games and other activities. Your coaches know the location of emergency medical treatment facilities in Huntsville and at all away games.

### **Academics**

Team Members are expected and required to maintain proficiency in all subjects. It is incumbent on all Team Members to put in sufficient effort to maintain academic excellence and to seek early help if needed.

## **Nutrition**

Team Members must ensure their eating habits reflect the high energy expenditures of soccer. Since many games are held after school, Team Members must eat a balanced breakfast and lunch.

Team Members should limit junk food and soft drinks.

It is important to keep hydrated throughout the soccer season, especially in cold weather when you may not feel thirsty. Water should be your beverage of choice. Drink water throughout the day and replenish lost water after exercise with water.

Do not “go on a diet” during soccer season. Your strenuous physical activity and healthy eating habits will keep you fit.

## **Physical Fitness and Pre-season Conditioning**

Team Members are expected to maintain a high level of physical fitness throughout the year. Aerobic and anaerobic fitness are essential to the game of soccer. Team Members who are not otherwise playing Fall or Winter CHS sports, or who are on a competitive Club soccer team are expected to participate in the Team’s pre-seasoning conditioning program that is typically held twice a week after school. Periodic Saturday fitness sessions will be scheduled as well. Bottom Line: Your coaches expect every Team Member to be “80 minutes” game fit before the start of practice in mid-January.

## **Ball Skills**

Team Members are expected to maintain a high level of ball skills. Team Members not otherwise engaged in CHS or other organized fall or winter sports will follow a pre-season ball work program that is designed to ensure needed skills prior to start of January practice.

## **Pre-season Team Evaluation**

Pre-season evaluation of all Team Members (less those playing CHS Winter sports) will be conducted during the fall semester. Details will be announced.

## **Attendance at Practice and Games**

Soccer practices and games are to be considered an extension of the CHS classroom experience. Accordingly, CHS policies regarding excused and unexcused absences apply to CHS Girls Soccer practices and games. Team Members are expected to commit to attending all practices and games by agreeing to the Team policies on attendance and tardiness. Players will submit the Team Member Pledge on Attendance form to the coaches prior to start of January practice. See Appendix B.

## **Practices and games**

Practice usually starts on the third Monday in January. Coaches will provide a schedule of practices at least one month in advance.

The Team will practice on the lighted soccer field on Patton Road on Redstone Arsenal. Your coaches will provide a list of Team Members and their parents or drivers to the Redstone Arsenal Youth Sports Director who will arrange for entry through the Patton Road Gate 10. Please do not attempt to enter Redstone Arsenal through any other gate.

The game schedule will be announced prior to the start of the Spring Season. Please understand that there are many variables that throw a schedule into confusion. The three biggest variables are: weather, weather, and weather. Please be ready for changes in the schedule.

*"Fix your eyes on the greatness of Athens, ...and when you feel her great, remember that this greatness was won by men with courage, with knowledge of their duty, and with a sense of honor in action ... For you now it remains to rival what they have done and knowing the secret of happiness to be freedom and the secret of freedom a brave heart, ..."* — Pericles' Funeral Oration, 431 B.C.

## **Team Policies**

### **Award of Varsity Letters**

Team Members earn Varsity Letters based on participation in Varsity level competition. As a guide Varsity Letters will be awarded to Team Members who participate in 2/3's of scheduled Varsity Games for an average of 15 minutes per game. Consideration for exception to the above will be made for injuries, sickness or other extenuating circumstances. Your coaches will recommend Varsity Letter awards to the CHS Athletic Director for approval. Certificates of Participation will be given to Team Members who are not awarded Varsity Letters.

### **Self Discipline and Time Management**

Team Members are expected to develop the self discipline and time management skills required of CHS students who must balance obligations to academics, family, church, and the CHS Girls Soccer Team.

### **Multi-Sport Athletes**

CHS Girls Soccer Team Members are expected to fully participate in CHS soccer activities during the Spring AHSAA season. Your coaches discourage participating in other CHS sports during soccer season.

### **Blood Drives**

CHS Girls Soccer Team Members shall not donate blood or blood products at any time from January 1st to May 15th. The Team Captain will schedule an opportunity at the end of the soccer season for Team Members and coaches who wish to donate blood as a group.

# Appendix A

## Team Captain Responsibilities

Represent the Team during the pre-game coin toss

Communicate with the Referee and Assistant Referees on official matters during the game

Direct the Team attack and defense formations during the game

Advise the coaches on Team Members who become injured/fatigued during the game

Select Team Members and sequence of kicking for Kicks from the Penalty Mark in event of a tie at Section games

Conduct frequent informal Team meetings

Bring all matters to the coaches' attention that are warranted

Be an Example of Fair Play and Team Values on and off the field

Perform other duties as appropriate

## Appendix B

### Team Member Pledge on Attendance

(Players must submit their Pledge to the coaches prior to start of January Practice)

As a dedicated Soccer Player of Catholic High School, I agree to abide by ALL of the following rules.

I am allowed 2 unexcused absences and 3 tardies for this season. All excused absences are not considered. (Refer to your school handbook for an explanation of excused and unexcused absences.) I understand it is my responsibility to contact Coach Riehl or Coach Moran before 3 PM of the day I plan to miss for both excused and unexcused absences.

Should I exceed the allowable 2 unexcused absences and 3 tardies for the season, the coaches will consult with me to address the situation. The coaches may impose discipline actions that include restrictions on playing time and game participation as appropriate. In all cases the coaches will notify me and my parents of any disciplinary action.

Also if I am late to a game warm up, I automatically will not start. If I miss a game, I will not play the first half of the next game.

I understand the coaches are focused on bringing out the highest skill level possible for each player. As I player I agree to always give 100% in games and practices. I agree to respect and execute all my coaches' instructions throughout the season. I also understand there is an overall goal for this Team and I will do my best to help this Team grow and accomplish that goal.

I also understand my dress code and conduct at practices will be that which is expected at Catholic High School. As an athlete of Catholic High School, I will always wear our colors and logo proudly and never misrepresent our school or our Team Values.

By signing this document, I understand and agree to the policies listed above and agree to dedicate myself to this Team as all my fellow teammates are doing.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

As a parent of this Team Member, I understand the requirements of playing on the CHS Girls Soccer Team. I support my daughter's participation in the 2009 CHS Girls Soccer program and will assist her in complying with the expectations listed above.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Appendix C

### Coaches Contact Information:

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