

RED WING
GIRLS' SOCCER
2016-17

PLAYER/PARENT/COACH
HANDBOOK

2016-2017 GIRLS' SOCCER

INTRODUCTIONS:

HEAD COACH:	DAVID THURSTON
ASSISTANT COACH:	BRIAN SCHAFFER
ASSISTANT COACH:	KRISTEN PENATZER
TECHNICAL COACH:	KIM STAGG
CAPTAINS:	MACKENZIE IRWIN MACALLISTER HUGHES NADINE MARTY
ALTERNATE CAPTAIN	TBD

We are in the BIG 9 Conference and Section 1A

The Conference Teams are in the order that we play them.

- Mankato East (H)
- Winona (A)
- Rochester Century (H)
- Rochester John Marshall (A)
- Austin (A)
- Albert Lea (A)
- Faribault (H)
- Owatonna (A)
- Mankato West (A)
- Rochester Mayo (H)
- Northfield (A)

Other matches this year.

- ??? Section Team (H)
- Byron (H)
- ??? Section Team (H)
- Winona Cotter (Lake City Tournament)
- Stewartville (Lake City Tournament)

Preseason Scrimmage

- Hastings (Saturday August 20th)

MISSION STATEMENT:

The Red Wing Girls' Soccer Team goal is to be competitive and respected within the Conference, Section, and State at large. The program strives to field a team of student athletes that accomplish great things on the field as well as in the classroom and the community.

PROGRAM OBJECTIVES:

It is our hope that our players develop a lifelong love of the game. We strive to ensure the season is a positive experience filled with great memories. Team sports require individuals to achieve a common goal by teamwork and cooperation. It also requires dedication and devoting one to a purpose. The season requires hard work and adversity that will be a part of life for years to come.

COACHES PHILOSOPHY:

We play every aspect of the game to the best of our ability and never gave up.

Tryouts

- The selection of Varsity, Junior Varsity, and the C-Squad is determined by grade level and evaluation on technical, tactical, & physical soccer skills. Other criteria are, teamwork, maturity, attitude, knowledge of the game, and coach ability.
- Evaluation of individual and team skills, both strengths and opportunities for improvement for what we will work on the first few weeks of practice.
- We will determine what formations we will play and where we start in the stages of offensive and defensive development.

Practices

- Players will wear a white t-shirt, soccer shorts, and required soccer protective equipment.
- Practice starts at 3:15 sharp with 10 to 15-minute run and dynamic stretching lead by the captains.
- Practice will be finished between 5:15 and 5:30.
- Varsity will have review game film on Monday's and extend practice to 6:00.
- Practices are designed to achieve the maximum positive results by being;

Regimented

Deliberate

Positive

Non Stop Electric

Game Relative

Detailed and Precise

Intense

Demanding

Fun and Rewarding

Playing Time and Starters

Playing time and starting on Varsity, JV, or C-Squad can be a sensitive issue. There are various factors that are considered on who starts the game and the amount of playing time a player receives. The process of communication to discuss these subjects is to first have the athlete talk to the coaches. Coaches will not discuss starting and playing time with a parent without first discussing it with the athlete. Coaches will only talk about the individual athlete and will not make comparisons when having the scheduled meeting.

Communication

Communication is necessary to keep the athlete, parents, and coaches informed to ensure the best environment for their development. If there is a concern about the wellbeing (injuries, academics, or illnesses) of your student athlete, it is important to keep the coaching staff informed.

We have an open door policy with the players, if there are questions or concerns talk to us.

Depending on the time frame we will try to talk when it is addressed or we schedule a time to discuss it.

- The primary source of information during the season will be www.gowingers.com
- The secondary sources will be through email, text messaging, and Facebook.

We will follow the 24-hour rule in which a parent cannot discuss an occurrence that has happened immediately after a situation has occurred. We know you thinking of the best interest of you athlete, however there are two reasons for this. First, remember we want the athlete to discuss any soccer related topics with us first. Secondly and I think more importantly, A wait time is to let calmer heads prevail.

Protocol

Home Games:

Arrival time will be 1 hour before the scheduled game time and be in uniform 45 minutes before the game for the pre-match meeting and ready to go to the pitch 30 minutes before the kick off.

If JV and or C-Squad plays first, then Varsity will be expected to sit as a team and watch the JV/C game from the starting kick off dressed in uniform, warm ups, or Winger apparel. We are there to support our teammates. Varsity will leave at the half to get dressed and get ready for the pre-match meeting. JV/C will be expected to stay until the half and support your teammates.

Away Games:

There will be a load time designated for every away game. Players are expected to be ready to load the bus at that time. The depart time is when the bus will leave for the location of the game. If the bus is scheduled to leave during school there will be a Class Dismissal time, this is the time that you will be allowed to leave your class, not before. If you need to get treatment or wrapped by one of the training staff, coordinate the time with them to make the departure time of the bus. Remember to act as young ladies.

During the Match:

Those who dress for a match, JV or Varsity if not on the pitch, will be on the bench watching and supporting teammates. Observing the game and listening for coaches for instructions.

Athletes who are not playing in the game will sit together in the stands to cheer on the team and may be assigned duties such as videotaping and assisting in taking stats.

Post-Game:

Immediately following the game and the post-game formalities, the team will have a brief meeting with the coaches. Each player is responsible for picking up the bench area before leaving and it is a team effort to bring team gear to the busses. After that they may talk to friends and family, unless the media requests to talk to them.

The buses will leave approximately 15-20 minutes after the game. Athletes will ride the bus home from matches unless a Student Transported by Parent to or from Co-curricular Activities – Release of Liability Form is turned in before we leave RWHS, available on the web site. We know that being home, getting homework done, getting plenty of sleep, etc., however we feel that we arrive as a team and should leave as a team. The bus ride home is where team bonding happens, coaches talk or tell the annual lame jokes (upperclassmen who know the joke please don't give it away) to their teams/players. We usually make one stop on the trip home at a convenience store for post-game nourishment. If we have an afternoon game a stop at a restaurant is an option for dinner.

Lettering:

Attend 90% of practices.

Maximum of 3 unexcused absences.

Playing time in 16 Varsity Match Half's.

Follow Player Responsibilities.

Coach's discretion because of a significant impact of a player.

• Coaches Expectations

- Have practices well prepared and organized.
- Respect all players, coaches, referees, and parents.
- Provide a safe, desirable, and fun learning environment.
- Lead players in a positive manner to develop into better athletes and young adults.
- Open and up to date communication with players and parents.
- Improve our knowledge of the game and coaching skills.
- Discipline players fairly and impartially.
- Develop player's skills and knowledge of the game.
- Be a positive role model on and off the pitch.
- Have fun coaching.

● **Player Expectations**

- Be dressed and ready for practices at the designated time.
- Be prepared and on time for team meetings/meals, bus departures, and games.
- Respect your teammates, the team is your soccer family.
- Don't smack talk the opponents and their spectators.
- Don't argue with the officials.
- Give your best effort in practices and games.
- Commit to improving your skills and your teammates skills, strive for more.
- Be unselfish and don't blame, it is about the team. We Win as a Team and We Lose as a Team.
- Play with a positive and I can do it attitude.
- Take care of your school issued apparel and return it at the end of the season.
- No abusive or profane language
- Stay focused and attentive to instructions during practice and games.
- Be responsible and communicate with the coaches if you have conflicts with soccer.
- Play the game with passion and respect.
- Play to the best of your ability and never gave up.
- Have fun and enjoy the moment.

● **Parent Expectations**

- Keep all sideline language positive.
- Don't criticize or coach the players from the stands.
- Don't argue with the officials or tell them how to officiate the game.
- Don't get into shouting matches the visiting spectators.
- Support the instructions and philosophies of the coaching staff.
- Be encouraging and positive to your daughter and her teammates.
- Enjoy the game watching your daughters team play the great game of soccer.
- Communication with coaches, please have your daughter talk to us with her concerns first. If concerns still exist after talking with the coaches, then please call and we can set up a time to discuss the matter.
- Help you daughter stay eligible to play during the season by following RWHS and MSHSL rules.
- Be willing to assist the team where help is needed (concessions, photography, video, & team dinners, repair equipment) and attend as many games as possible.