



CDH Raiders Girls Soccer 2017



Our Program Mission

The mission of the Cretin-Derham Hall girls soccer program is to help student-athletes develop into strong young women who act with integrity and courage and find joy in being their best on and off the field.

Our Program Guidelines

- **Be on time**
 - I arrive at all events 15 minutes early so that I'm ready to go at start time.
 - I notify coaches in advance when I have to miss a practice or game.
- **Be present**
 - I am engaged in soccer to learn & improve.
 - I am invested in pushing/challenging teammates.
- **Be constructive**
 - I use language with teammates that is supportive of improvement.
 - I remain positive in tough moments.
- **Be open**
 - I communicate directly with coaches & teammates when issues come up.
- **Embody the mission**
 - I act in a way that positively represents the program.
 - I show integrity towards teammates, opponents, referees.
 - I live courageously & share my joy with those around me!

Communication

* We encourage players to first reach out to her coach regarding any questions, concerns, or feedback. This communication is most effective for resolving any issues and for building strong and healthy player-coach relationships. It is also an important life skill for each of our student-athletes to be advocates for themselves. If issues remain unresolved after this conversation, we are eager to find the next best way to reach a satisfactory conclusion.

* Any changes (weather, cancellations, venue or time changes, etc.) will be communicated either through daily updates through the website or via direct email contact from coaches.

Our Coaching Staff

Head Varsity Coach: Rosie Malone-Povolny -- rmalonepovolny@c-dh.org -- 651-497-6442

Assistant Varsity Coach: Matea Wasend -- mateawasend@gmail.com

Program Goalkeeper/Assistant Varsity Coach: Lisa Bauer -- bauer.lisa.m@gmail.com

JV Coach: RJ Turk -- RJ.Turk@lejeunesteel.us

B Squad Coach: Victoria Vargas -- victoria.vargas18@gmail.com

Tryouts: What You Need To Know

* **Varsity:** -- (top 20 players, 9th-12th grade) -- Those who want to be considered for the varsity squad should arrive for Monday and Tuesday's sessions. After Wednesday morning's varsity session, decisions will be made regarding who will continue in the varsity pool, and who will be asked to continue their tryout in the JV/B-Squad pool. *9th graders will only be considered for varsity if they are likely to receive significant playing time and are capable of handling the mental challenge of playing at this level.*

* **JV:** -- (next top 20-22, typically 10th-12th grades) -- Tryouts for this level begin Wednesday evening in conjunction with B-Squad tryouts.

* **B-Squad:** -- (next 20 players, typically 9th-10th grades) -- Tryouts for this level begin Wednesday afternoon in conjunction with JV tryouts.

Cuts: Cuts will depend upon how many girls show up for tryouts, but will only apply to grades 10 through 12. **All 9th graders are guaranteed a spot on at least the B-Squad team.**

Final Roster Decisions: The varsity roster will be finalized on Thursday, August 17th, and the JV/B-squad rosters on Friday, August 18th, prior to our program-wide scrimmages at Stillwater on Saturday, August 19th.

Preseason Checklist

Before you arrive you must :

* Complete your [online athletic registration](#). This includes a \$75 fee.

* Complete [a physical](#) every three years-- this is for our 9th graders and 12th graders!

* Complete the [Annual Sports Health Questionnaire](#)

--- All these documents can be found on the [CDH Athletics Homepage](#) ---

What you need to bring to every tryout and training:

* Soccer cleats

* **Running Shoes**

*Any other equipment you

* Lots of water!

* Soccer Socks

need to perform your best!

* Pumped Soccer Ball

* Shinguards (with NOSCAE stamp, not tag, on guard)

Before the first game:

* All varsity and JV players must have a pair of white socks and a pair of purple socks. These can be purchased at any nearby sports store or through the online registration process for \$10 per pair.

Spiritwear & Team/Individual Photos

* For those players or family member who are interested, there will be an option to purchase additional girls soccer spiritwear. The CDH Soccer online store sells these items exclusively through their website. The window for purchasing these items is August 7th - August 15th. [The website for this is linked](#) on the Girls Soccer homepage on the athletics website.

* Picture Day for all levels will be during the last two weeks of August. More information will be distributed to each team as that day approaches and also can be found on the Girls Soccer homepage on the right hand side.