

2008 Spring Meeting

State College Area High School Girls Soccer

State College Area High School - Room 230 South Building
Monday June 9, 2008
6:30PM

Outline

- Pre-season Practice Schedule and Expectations
- Team Selection Process
- Equipment
- Team Substance Policy/Code of Ethics
- Hazing
- Getting Ready for the Season
- Email and the WWW
- Questions

Pre-season Practice Schedule and Expectations

Practice Schedule

Pre-season practice begins on Monday August 13 at 7:30 AM on Community Field (between the tennis courts and JV baseball fields, behind the North Building). Starting on August 13 and lasting through August 24, practice will be held twice a day, Monday through Friday: the morning session will be from 7:30 AM to 9:45 AM, the evening session will be from 6:00 PM to approximately 8:00 PM. Between August 28 and September 1, practice will be held from 3:35-5:40 as it is during the school year. During the school year, practice is held every day after school on those days when we don't have a game. It may be necessary to hold Saturday practices so that pre-season practice opportunities can be maximized (note - we already have Saturday scrimmages scheduled). Attendance at all practices is expected and essential to your individual and the team's success.

You must have all of your paperwork (physicals, permission forms, etc.) completed before participating in tryouts. There will be no exceptions to the paperwork requirement.

Paperwork Required for Eligibility

Physicals must be obtained before you can attend any practices or conditioning. Students should have already received information about physicals. If you don't have those forms/that information, please check with your local athletic or principal's office. Please note that the deadlines for having your physical completed and turned in. The deadline is non-negotiable and unbending. If you do not have your paperwork in by this time you will not be eligible to make the team. No physical, no tryouts.

If you have to miss a practice ..

We realize that during the summer many of you vacation with your family. We also realize that many of you have summer jobs. So that tryouts can be fairly done, it is important that everyone do everything within their control to attend all practice sessions. Try your best to schedule vacation and work to accommodate practices/tryout sessions. Players who attend all preseason practices are in a better position to make a team than players who do not. Attendance matters.

If you know you ahead of time that you are going to miss a pre-season practice you are required to notify the head coach in writing before August 1 (email is preferred). If you miss a practice because of

illness, call and leave a message so we know why you weren't at a practice before that practice is conducted. Email is also acceptable for an unexpected absence but it must be sent in enough time for me to know about your absence before I get to the field.

Additionally, on the contact form you've been asked to fill out (see the "Links" section on the booster club web site), please be sure to make note of any non-soccer activities which may effect your participation with the team. We expect 100% attendance at all soccer activities but understand that there are times when conflicts in scheduling cannot be resolved. If there is a regular activity in your life (music lessons, another school activity, family activities, etc.) which will regularly take you away from practices and or games we need to know about it up front. Roster spots will go first to those players who can make all practices and games.

Team Selection Process

Selection Timeline

August 11 AM: Practice starts

August 13 PM: Player Conferences 10:30AM-4:30 PM

August 14,15: Final rosters posted

Ideally, final rosters will be posted by Thursday August 14 but this may be extended into the following week - we don't know. The timeline above is tentative and is subject to even radical change. We are not obligated to extend the tryout period to accommodate family vacations. This is a welcome policy change as it helps to create a level playing field amongst the tryout participants.

Player conferences are a short (5-7 minutes) opportunity for the head coach to discuss with each player, their status on the team. Players are encouraged to use that time to get any questions about their status with the team answered. You should come to the conference prepared to hear a frank and honest discussion about your status and role, to answer questions about potential scenarios about your position and role with the team, and if necessary make some decisions about yourself as you relate to the team. If at any time during the team selection process you want to discuss your standing, let us know and we will arrange a time to talk. Such meetings and conversations will be held outside of practice hours. Don't forget, the timeline for selection is tentative. This process may speed up or slow down by a day or two depending on how many players try-out, weather, etc. . I will meet with a parent to discuss a player's standing only after I have met with the player first, one on one. Drills, fines, and simulated game situations and scrimmages will also be used in evaluation.

Expect to run at least 2 miles a day in addition to the running associated with drills, games, etc. As part of your evaluation, you will be tested in the "beep test" and perhaps the 12 minute run (Cooper's Test). Varsity level players should expect from themselves a score of 8 or above on the beep test and a score of no less than 6.5 on the Cooper's test if done.

Varsity Team Criteria

The varsity team will carry between 16-20 players (subject to change). Freshman, sophomores, juniors, and seniors are eligible to play on the varsity team. Players for the varsity team will be selected based on skill level, fines level, cooperation, teamwork, and coachability. It is the mission of the varsity team to maximize team success while fostering individual skill development. Having played on varsity in a previous season does not guarantee a player a varsity position for any subsequent season. Playing time is determined by the needs of the team on a given day.

Junior Varsity Team Criteria

The junior varsity team will carry between 18-22 players (subject to change). Only freshman, sophomores, and juniors are eligible to play on the junior varsity team. Players for the junior varsity team will be selected based on skill level, fitness level, cooperation, teamwork, and coachability. It is the mission of the junior varsity team to maximize individual skill development as it applies to team concepts. Participation and development are emphasized with a growing emphasis on team success as the season progresses. As always, seniors are eligible only for varsity positions. Because of the distribution of classes amongst the participants, incoming juniors need to be aware that they will be considered for varsity first, JV second. If a Junior isn't competing for a varsity position, she could be in jeopardy of losing a JV spot to a freshman who may project to be a varsity player in subsequent years. This phenomena will occur more frequently as the number of experienced players in the area increases (which in fact happened last season). Having played on a team or at a given position one year does not guarantee anything for the subsequent year. Juniors who played on JV should anticipate intense competition for a varsity roster spot. As usual, we are anticipating a hotly contested selection process.

Equipment

Shinguards are required for all practices and games. Shinguards are to be purchased individually. To be eligible for practice you must be PIAA legal - which means no jewelry of any kind, amongst other things. It is suggested that you acquire a good pair of soccer shoes and running shoes. Proper footwear can not only improve performance but also reduce injury and fatigue. The NOCSAE requirement for shinguards is scheduled to be in place for fall of 2008 – make sure your fall shinguards have the NOCSAE stamp. Although we try to avoid the hottest part of the day for practice, it is still extremely important that you maintain your hydration throughout the day. Be sure to drink sufficient amounts of water throughout the day.

Please remember to bring 64 oz of water to the first day of practice. Once we get into a rhythm, we will bring water from the training facility on a daily basis.

Substance Policy/Code of Ethics

The State College Area High School Girls' Soccer program fully supports the substance abuse policies outlined by the school. Our team will also be bound by the school policies on a 7 day a week, 24 hour a day basis. Our team cannot exist with either blinders on or with only hope when it comes to drugs and alcohol. We must take action to insure the program's integrity is maintained. We must all work together and extend our commitment to integrity to include off the field behavior. The SCASD and Athletic Department support a tobacco and drug/alcohol free environment for students. There are policies regarding tobacco and drug/alcohol use established by both SCASD and the Athletic Department. The Girls Soccer team at State College will use these policies as a foundation for creating a team specific policy. The motivation for this policy is to give you something to hold on to when you're faced with making a decision between you and drugs/alcohol. If you haven't realized yet that you shouldn't do it for yourself, do it because State College Girls Soccer doesn't want it. At the very least, we'd like you to use us and this policy as an excuse when you're faced with these kinds of decisions.

Our policy last year was:

A drug and alcohol violation during the season will result in a 2 week suspension. The first week of

suspension includes both practices and games, the second week is a game suspension only. If a player has a second in-season violation within a season, she will be dismissed from the team for the remainder of the season. Any third such violation in any of the player's remaining years with the team and the player will be ineligible for a position with the team.

Our goals with our substance policy and code of ethics are to,

- create an environment where players on our team are motivated to make healthy choices
- create an environment where players on our team are encouraged to look out for each other and demand the highest levels of conduct from each other
- create an environment where we place the way we play, practice and live above statistical successes. Doing things right is the priority - winning takes care of itself.
- create an environment where players and parents will actively seek input from and provide information to the coaches when conflicts arise regarding this policy

If you would like to see this policy changed in any way, please don't hesitate to contact us early in the summer. Over the years we have received some comments and suggestions which have shaped the policy. It is important that the policy is set prior to tryouts as players and parents/guardians will be required to sign a form indicating that the policy has been read and understood before a player is officially eligible to be selected for the team. I will not coach a player who does not sign a statement about understanding the policy and being dedicated to its applicability and enforcement. August will be too late to try and develop a working policy. Please talk this over at home so that we can all be as comfortable as possible about this important and sensitive matter before the season starts.

This policy will be empty if we don't all invest in its enforcement. We don't want to become police officers or lawyers - we want to be soccer coaches. We should all (players, parents, and coaches) take responsibility for demanding that our program be of the highest integrity. Players need to take an active role in demanding that their peers behave in a manner befitting a State College Girls Soccer player. If you see someone doing something that brings anything less than honor to the program, tell them. If you are not sure about how to handle a situation come to us, your parents or a teacher. This includes behavior not related to drugs and alcohol, too. You should all be concerned about how the program is perceived. If you are not, you are trying out for the wrong team. If you know something wrong is happening and you don't try to do anything about it, you're hurting the team only slightly less than those doing the wrong things. Go out of your way to make people wish they were on the team.

Parents are also encouraged to help in the implementation of this policy. If you know of some problems surrounding the team, let us know about them. We are all subject to different types of information from different sources. Please understand that if we hear even a rumour about someone's involvement with substance abuse, we will look into it. This can sometimes be uncomfortable but we will ask questions at the first signs of activity. Don't take it personally if we ask (parents and players), we just need to do what we can to take care of each other and hopefully keep the focus on soccer.

Hazing

SCASD has a long standing and unambiguous policy about hazing. Hazing is strictly forbidden. Not only is hazing dangerous, but it can also put the entire athletic department and all teams in jeopardy. Simply put, hazing is forced acts or coerced acts that players feel as though they must perform to make the team or belong to the team. Players earn their place with the team because of their

performance and belong to the team by virtue of their name being on the roster. If there are any questions at all about hazing or what it might be, ask Kevin immediately.

Getting Ready

As we did last summer, a speed and conditioning “camp” has been organized for any and all players interested in trying out for the 2008 teams.

All potential players who have an interest in participating in the 2008 high school soccer season are invited to participate in our 2nd annual speed camp. The speed camp will be conducted by the staff at Victory Sports Performance (www.victorysportsperformance.com) in State College and is sponsored by the State College Girls Soccer Booster club. The camp will run the month of July and take place at a school district field (gym in the event of rain.) Camp dates will be July 1, 3, 8, 10, 15, 17, 22, 24. In addition, a program focused on sports nutrition will be offered immediately following the July 1 session and parents are welcome to attend. We're also adding two additional sessions to the camp this year on July 21 and July 25 that will focus on core strength and conditioning.

The cost is \$50 for all dates, or players can sign up for a session at a time for \$10 per session. Please contact Tom Mincemoyer (tom@mincemoyer.us) to express your interest in the speed camp. If you can project your participation (in terms of sessions attended) that would be helpful.

What follows is a suggested workout schedule for you this summer, in addition to any playing you might be doing or the speed camp in July. It is designed to get a Varsity player ready for preseason practices and the playing season. Not everyone receiving this will be able to do all that is listed. Others will be able to add repetitions or increase distances. Do what makes sense for you and your body. If you need to reduce the number of repetitions for a given workout, that's fine. Just stick to the schedule and gradually increase your reps as the summer goes on. Working through this schedule will not only prepare you physically for 2008 but also mentally.

If you have an opportunity to lift weights over the summer you should do so. If you need help setting up a weight lifting program feel free to call us and we can set up a time to work something out. Strength training helps you handle and reduce the risk of injury and builds confidence. For future reference, a winter lifting schedule is a great way to build strength and endurance. And perhaps the most important part of your off-season workouts is playing soccer. It doesn't matter who you play with or under what conditions. Playing games will make you a better player and the team a better team. Find a pickup game or call some friends and make a pickup game. If you can't find or create a game, pass with a friend or wall, juggle, shoot, chip, etc.

Monday

Warm-up

Stretch

Light Run - 1/2 mile

10x50 yd. sprints w/30 second rest

10x15 yd. sprints w/15 second rest

Light Run - 1/2 mile

Stretch

Tuesday

Warmup

Stretch

Brisk Run - 1.5 miles (now through July 25 or so)
Brisk Run - 3.0 miles (July 25-August 7)
5x25 yd. sprints w/30 second rest
5x25 yd. backwards sprints w/30 second rest
Stretch

Wednesday

Warmup
Stretch
Light Run - 1/2 mile
On a track, sprint straights, walk curves for 6 laps
Light Run - 1/2 mile
Stretch

Thursday

Warmup
Stretch
Light Run - 1.5 miles (now through July 30)
Light Run - 3.0 miles (July 31-August 10)
1x(10,20,30,40) 3 times w/60 second rest
6x40 yd. sprints, walk 20 yd. between, no rest
Stretch

Friday

Warmup
Stretch
Brisk run - 1/2 mile
10x30 yd. sprints, walk 15 yd., no rest
10x30 yd. backward sprints, walk 15 yd., no rest
Stretch

Saturday

Warmup
Stretch
Light run - 20-30 minutes
Stretch

Sunday

Take a break
Warmup should be 5-10 minutes of Coerver skills and juggling. Use the warmup time as an opportunity to get a few hundred touches on the ball.

Some miscellaneous thoughts

- o The light run should be about a 7:45-8:15 mile pace.
- o The brisk run should be about a 7:15-7:45 mile pace.

If you are certified for its use, the new fitness center in the South Building will have summer hours. It can be a great resource for getting ready for the season.

Email and The World Wide Web

You can find your team's home page at <http://ladylittlelionsoccer.wordpress.com>. Additionally, the team mailing list and other tools for sharing information can be found at <http://sports.groups.yahoo.com/group/SCHSGirlsSoccer/>. The mailing list is moderated by me to help cut down on spam, etc. It is my and the booster club's expectation that you are on the mailing list and checking email at least twice a day. The Booster Club and I will be using email and the web almost

exclusively to communicate. If you don't have access to email I strongly encourage getting it and not just for soccer reasons. But as it relates to the soccer team, it will make communication a lot easier on everyone if everyone has access to it and reads it twice a day.

Also, the web pages will be used to disseminate information. The State College Girls Soccer home page is where some interesting information will be kept both historically and for the upcoming season. The tentative schedule for the 2008 season is there now. As the summer moves along, I'll be adding information to it so keep watching.

Questions

If you have any questions about the information outlined above, do not hesitate to contact us over the summer. My telephone number is 237-1734. Feel free to call me from 9:00 AM to 9:00 PM. We will be on vacation during a few periods over the summer so if you are having trouble getting in touch with us and you have a question please leave a message and/or try the Athletic Office at 231-1143. They may be able to answer your question(s). Please keep in mind, too, that the folks in the Athletic Office will probably be vacationing at some point. If you're having trouble getting in touch with someone - please keep trying - we'll be back. It's OK, too, if you'd like to leave a message at Kevin's work number, 865-3540. Our home address is 2278 Setter Run Lane, State College PA 16801 if you are writing to us to tell us about missing practices, etc. You can also send electronic mail to kxm at psu dot edu. I almost never stop reading email.

Keep in mind that you will perform at your best when you are confident. Make an effort to get in good playing shape and play as much as you can over the summer. We all have over 2 months to get in good shape and practice. Take advantage of it. Your expectations for the 2008 teams' success should be directly related to the amount of effort you put into making yourself the best soccer player you can be over the summer.

Have a great summer.

Kevin Morooney