



SEAHAWK SOCCER 2017



We are very excited about the upcoming season and hope that you are too. We are looking forward to starting our work with the returning players from last year/current PHS students and meeting the new players from KPMS and HRMS. We want to ensure this teams performance rises to it's potential this season. Please read the enclosed information and fully prepare yourself for the upcoming season. Thank you!

Remember:

"Today's preparation determines tomorrow's achievement."

Your Responsibilities:

Make sure you complete all the necessary forms and turn the forms into the Activities Office BEFORE tryouts. No forms= No tryouts= No play. Participation fees will be collected after tryouts/before 1st game. Scholarships are available to anyone who needs it. See Ross Filkins in the Activities Office for more information.

Read the forms carefully before signing, especially the Athletic Code and our team handbook. Playing for this team requires positive behavior both in and out of our season. Your private life and your athletic life shake hands every day. You must learn to make good decisions. If you can't adhere, don't sign.

Begin a fitness routine. VERY IMPORTANT!!! Fitness is a big part of soccer. If you are going to be around this summer, PHS Athletics hosts yoga and weight training session Monday/Wednesday/Friday, June 26th until August 4th from 9am-11am. All PHS students are allowed to drop in. Check our calendar & sign up for our team Remind for specific team activities. To access this website logon to www.sscathletics.org Peninsula High School, Girls Soccer.

Play soccer as much as possible (ball work, scrimmage, shooting...) Play on a summer soccer team (if you are not already on a club team) or try and attend a soccer camp. (You need to be playing.)

Be aware that trying out for PHS is like trying out for any other "select team". Attitude is everything! Come with a positive helpful attitude and you will be noticed! Not all who tryout will make it. We believe in setting high expectations/standards/accountability for our players. Decisions on who will be selected to this team are made for many reasons in addition to your athletic ability/skill/speed and some of these things will seemly have little to do with soccer. We will ask players to make choices that consider others before themselves and examine how they treat others. We will expect their actions will support others (respecting the differences of teammates), show they have a mature attitude with other teams, officials, and coaches and they can rise above personal emotions to be a strong and supportive teammate. Decisions will be made not on whom to cut, but rather on whom to keep. Who will best represent PHS on and off the field. We will only select those we believe will represent PHS proudly.

Be a good Student and a good citizen outside the classroom.

- Your job as a student comes first! Grade checks will be used periodically to assure eligibility.
- If you are struggling academically we can and want to help you succeed. Just talk with your coach.

Community Service:

- We will be instituting the "Heart of a Seahawk" award in bronze, silver, and gold levels. Community service will be a mandatory part of this award, but not of the team.

- The girls may have a couple of opportunities to earn community service by coaching little kids soccer through out the summer. Please see me if this is something you are interested in doing.

Be prepared for practice! Make sure you have all the proper training attire everyday: maybe this should be obvious, but I'll lay it out for you anyway. For every training session you will need:

- **Soccer shoes**
- **Running Shoes** occasionally our fitness routine will involve an extended run or activities that running shoes are better suited for.
- **Shin guards.** I won't let you play without them.
- **Shorts...duh!**
- **Weather appropriate clothing.** We will not cancel practice because of rain or other inclement weather. (Although we still may see the some summer sun during practices, it is NOT ok to train in just a sports bra. Every player needs to wear at least a tank top.
- **Water bottle.** You will be given regular, short water breaks. Come prepared to replenish your fluids.

Recruit new players.

Set some personal goals for next season and school year. The harder you work the luckier we get.

Have fun---

Practice & Tryouts:

Be on time to training, games, and buses. Repeated lateness can lead up to game suspensions. If you have a previous engagement and are not able to attend a team function (practice, meeting, game) you must notify the coach a week prior to your absence. It is our expectation that you will be committed to this team and will make our soccer team a priority. Coach's discretion will be used to letter players based on their level of commitment to the team and their participation on the varsity squad.

- Tryouts start Monday, August 20th @ Sehmel Homestead Park, TBA. Every player is responsible for securing her own ride to and from tryouts and practice until school starts.
- Regular season practices: the bus leaves PHS at 2:10 bus for Sehmel
 - Sometimes we will have access to Roy Anderson Field. These practices will start at 2:25pm at Peninsula High School. The girls will need their own transportation home from both locations, Sehmel or PHS.

Sportsmanship: You represent...

- Peninsula High School
- Your Team
- Your Coaches
- Yourself
- Captains are the only ones that talk to the referees. We do not have time to ask questions. After the play has been called, get yourself ready to defend or attack. Get over it and be mentally strong and focused if the call doesn't go your way.
- If you foul someone, offer to help the player up (only during stoppage of play). If they don't want your help, then move on. It's a respect issue that states I am just playing hard, it's not personal and your offer to help sends this message to your opponent and referee.

Peninsula High School Girls Soccer has a **zero tolerance** policy on bullying. If any player is caught initiating, participating, or continuing ANY forms of bullying, whether it be in person or via social media, this will be grounds for immediate removal from the team. All reports of bullying will be taken seriously and investigated.

Games:

Home games

- Varsity players: Plan on having team dinners hosted by your parents every home game at 4:30pm in the PHS Commons.
- Varsity players will then support the JV team until it is time to warm-up for their game time.

Away games

- Be at the bus on time! You will not start if you are late and we will leave without you!!!
- Uniform should be on
- We will ride the bus together **to and from** games. Plan on sticking around. We are a team!

You need to represent Peninsula High School proudly during home & away games by making sure all trash and personal items are picked up before you leave.

Communication:

- Players – Communicating with coaches and adults can be intimidating for some players, but is also a necessary thing for players to learn. We want to encourage the girls to find ways to communicate with us. So parents, please encourage your daughter to talk with us first before advocating for them.

Injuries:

- Players make sure and visit our trainer before we start practice to be taped or to get stretched out. Report any new injuries to your coach first, then go to the training room. Athletes have sore bodies at times. There is a difference between being sore and being injured. If you are injured, do everything you can to heal, which means following your doctors/trainers/coaches orders and make every effort to prevent injuries by properly eating, hydrating, warm up, stretching, and getting enough sleep every day, be smart!
 - Parents- It is my hope that our relationship together will foster a sense of unity and mutual respect for one another. While I never plan on having conflict with a parent, it does sometimes happen, so please allow me to suggest a few guidelines that might be helpful in our work together to see your daughter succeed.
1. Please avoid coaching from the sidelines. I love when we have fans. I love supportive parents. However, yelling directions to athletes in the middle of the game puts them in great conflict. They want to listen to me, but they also want to please you, and ultimately, they need to stay focused on the game. Soccer is too fluid of a game for both our directions to do anything but confuse the athlete in the middle of a game.
 2. If you have a concern, please see me first. The best way to resolve conflict is to handle it quickly and openly before it festers into anything more than concern. Below you will see my email and cell number. Please feel free to talk to me directly any time you have a concern.
 3. Please try to see things from a coach's point of view. While I love my players and I genuinely want to see them succeed, I also have a duty and obligation to make team decisions. This coach's duty is sometimes at odds with players or parents who have a duty and obligation their own child first; I realize this and I try to be as wise as I can in my decision-making. I will make mistakes, I am a fallible human being, so in these instances I would like to ask for your patience.

4. In order to win games, I know I will have to make hard decisions about playing time, who plays, who plays where, etc. and this can change constantly based on what I think is our best chance at achieving this goal given many different factors that will sometimes remain unclear to you and your player. Please trust I have the teams best interest in mind in my decision-making. We may keep as many as 20 players on the varsity roster knowing a core 11 players will get the majority of game playing minutes. Every teammate regardless of role is valued and important. Please support your child by knowing our team goals and how your player fits into achieving these goals.

Lettering Requirements:

- Play in a minimum of 8 Varsity Games.
- Be academically eligible the entire season
- Exhibit high standards of conduct
- Coaches discretion

Cell Phone Use:

As a team, we use Remind to send messages of unexpected schedule changes and to remind athletes of upcoming events. If you would to be added to our distribution list, please contact the head coach.

****NO CELL PHONES ARE TO BE USED IN LOCKER ROOMS****

If you need to make a call, or receive a call while we are in a locker room, please step outside the locker room to take/make the call. Otherwise, it is our expectation that your cell phone will not be out while inside any locker room.

Coaching Philosophy:

I believe athletics parallels life and by playing sports your child is able to create physical, mental, and emotional challenges that will teach them discipline and how to deal with real life challenges. Fitness is one of the components I will use while coaching as a teaching tool. It is during particularly difficult physical tasks our bodies push past what it “thinks” it can do and forces the mind to engage. This experience transforms the individual by creating a need for them to rely on their teammates to get through it, figure it out, overcome, encourage, teach, and learn. It turns the individual exercise into a team experience. Anyone can learn to “play” the game, but can you learn to pull together to become champions of the game.

Discipline is the characteristic that sets you apart and gives you an edge. The edge is pride. Pride is never felt by poorly disciplined teams made up of selfish individuals who play carelessly and without passion. Pride is reserved for those elite teams that can accept discipline as love and can learn to apply it in their own lives.

Coaches:

- Jenny Buys: Varsity Coach
buysj@psd401.net
- Kim Demianiw: JV Coach
demianiwk@psd401.net