

***RED WING***  
***GIRLS' SOCCER***  
***2015***

***PLAYER/PARENT/COACH***  
***HANDBOOK***

**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:**

To coach these young women in a sport that they love and equip them with the technical and emotional skills they need to excel on and off the field. To coach in a positive way so as to have meaningful effects in their young life as they mature in to adulthood. To ensure that every one of my players knows that they are cared for and appreciated as a person, not just an athlete.

***Characteristics of a Winger Girls' Soccer Player:***

Play to the best of your ability and never gave up.

Treat every person with respect, dignity, and courtesy, we are polite and we listen.

We communicate information appropriately, promptly, and openly.

We are a Team, we are reliable, friendly, and help each other.

Be accountable and responsible for our actions, decisions, choices we make.

As part of the MSHSL and Why We Play the girls will create and display the team values on a banner at home games.

## 2015 GIRLS' SOCCER

### INTRODUCTIONS:

HEAD COACH: DAVID THURSTON

ASSISTANT COACH: BRIAN SCHAFER

CAPTAINS: CHEYANNE THURSTON  
MADDY HARDYMAN  
CAITIE TURCOTTE  
KENZIE IRWIN (A)

Conference: Big 9

Section: 1A

16 matches in the regular season

Section 1 playoff games TBA, State Tournament games (TBA)

The conference teams are in the order that we play them.

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

Other matches this year

- Lake City (H)
- Winona Cotter (Lake City Tournament)
- Stewartville (Lake City Tournament)
- PIZM (H)
- Byron (A)

Preseason Scrimmage

- Hastings (A)

- Tryouts –The selection of Team Members will be determined by evaluation on technical, tactical, & physical soccer skills. Attitude and coach ability are also considered in the selection process. This will determine the rosters and will assist in determining what formations we play and where we start in the stages of offensive and defensive development. We will know what our strengths are, opportunities for improvement, and team depth is.
- Practice – is designed to achieve the maximum positive results by being;
  - Regimented
  - Deliberate
  - Positive
  - Skill building
  - Non Stop Electric
  - Game Relative
  - Detailed and Precise
  - Intense
  - Demanding
  - Knowledge of the Game
- Communication

It is necessary to keep communication open 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.

Playing time, starting, Varsity or JV can be a sensitive issue. We put the best team on the field to perform successfully. The order of communication to discuss these subjects is to first have the athlete talk to the coaches. Coaches will not discuss 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 meetings. We will follow the 24 hour rule in which a player or parent cannot discuss an occurrence that has happened immediately after a situation has occurred. A wait time is to have all individuals involved in the situation have rational decision making skills.

The primary source of communication of information during the season will be [www.gowingers.com](http://www.gowingers.com)

The secondary sources will be through email. Team Captains will also utilize Facebook and texting.

### **Practices:**

Players will wear a white t-shirt, soccer shorts, and required soccer protective equipment.

Practice starts at 3:30 sharp with dynamic stretching lead by the captains.

Practice will be finished between 5:15 and 5:30.

### **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 plays first, then Varsity will be expected to sit as a team and watch the JV 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 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 all practices and games on time.
- Respect all teammates, it is the Name on the Crest on the Jersey, not the Number on it.
- Place the good of the team ahead of personal wants or needs.
- Respect all opponents, referees, coaches, parents, and the game.
- Give your best effort in practices and games, be focused and do your best.
- 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.
- Positive and appropriate language at all times.
- Conduct themselves as young ladies in public at all times, you are representing RED WING.
- Stay focused and attentive to instructions during practice and games.
- Dress appropriately for the weather and bring complete and clean uniforms to all games.
- Play the game with passion and have fun!

## ● Parent Expectations

- Keep all sideline language positive.
- Let the coach do the coaching and let the player's play their game.
- Cheer for the team all the plays on the field and during substitutions.
- Be encouraging and positive to your daughter and her teammates
- Show respect all opponents, coaches, referees, fan, and other parents.
- Support the instructions and philosophies of the coaching staff.
- Open communication with coaches.
- Help you daughter stay eligible to play during the season by following RWHS and MSHSL rules.
- Assist the team where help is needed (concessions, photography, video tapping, & team dinners, misc.), and attend as many games as possible.