

Ingraham High School Boys' Soccer Parent Meeting  
March 5, 2019, 7:00pm



## Introduction

2020 Ingraham Soccer Coaches (see contact information on last page)

- Head Coach & Varsity: Hiram Hoffman
- Junior Varsity: Isa Whalen
- JVC: Leon Bamba

## Ingraham Soccer Program

- One Program (Varsity, JV, JVC)
- Program Philosophy
  - Student First!!!
  - Respect – the game, teammates, coaches, officials and opponents. Also show respect for your community *off* the field, in school and at home.
  - Student-Athlete Expectation:
    - Attendance
    - Coachability
    - Open communication
    - Hard work
    - Adhere to team philosophy
- Players will have opportunities to play on different teams during the season to maximize their playing time and experience, fill-in as needed
- Ingraham Boys' Soccer website [www.ingrahamathletics.org/boysoccer](http://www.ingrahamathletics.org/boysoccer)
  - Practice times posted, forms, other information, primarily geared toward parents
  - Look to the Metro League site for game schedules. It's too much work to keep website schedule up to date.
- Instagram Page, run by team captains. Follow [@ingrahamboysoccer](https://www.instagram.com/ingrahamboysoccer), primarily geared towards players

## Program Information

- **Games and Practice**
  - First game of the season is Tuesday, March 17, 2020.
  - We will be having a JV and Varsity Jamboree on Saturday, March 14, 2020 with fellow Metro League schools Lincoln High School and Nathan Hale High School. Please see the website for more information [www.ingrahamathletics.org/boysoccer](http://www.ingrahamathletics.org/boysoccer)
  - Metro League Schedules found at <http://www.metroleaguewa.org> – you can subscribe to your team's schedule. The league website has up-to-date information on the entire season with game dates and times.
  - The JVC schedule will be posted on the Metro website in the next week or two.
  - JV and Varsity will be practicing M,T,TH,F from 4pm to 5:30pm and on Wednesdays from 3:30pm – 5pm (varsity) and 4pm – 5:30pm (JV).
  - JVC practice is MWF from 4pm to 5:30pm. Any changes to practice times will be communicated to kids and parents beforehand.
- **Communication**
  - The team uses GroupMe (app) for all team communications. We also have parent groups for each team on GroupMe where we communicate on-the-fly with parents in the event of game/ practice changes, team events, organizing transportation, etc. Please email Coach Hoffman your phone number and kids' name to be added to the appropriate group on GroupMe.



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- Coaches will communicate via GroupMe and directly to the players, mostly. There might also be the occasional email for some team correspondence.
- Boys have an Instagram page (see above) for quick announcements
- **Eligibility**
  - Must attend 10 practices to be eligible to play in Metro League games
- **Transportation**
  - The transportation budget for athletics is lower than in the past. Teams will be relying on parents for a lot of our transportation needs especially for JVC and some JV away games.
  - We will mostly likely send out a text to the GroupMe on the weekends to get parents to sign up for away games during each week of the season.
  - Matches at local fields, Nathan Hale, Magnuson, Blanchet will not have team buses for JV/Varsity to save costs.
- **Sportsmanship – responsibility of players, coaches and parents**
  - Parents will not coach or officiate from the sideline. Let's show Ram Pride and refrain from criticizing the other team, coaches or officials.
- **Injuries – Contact Ingraham's Athletic Trainer, Jeff Wilson ([jeffrey.wilson@seattlechildrens.org](mailto:jeffrey.wilson@seattlechildrens.org))**
  - Note from the doctor to be eligible to play again, talk to your coach if any questions
  - Soccer Impact Test – baseline pre-concussion computer test given to all players pre-season at school.
  - Jeff, has Athletic Trainer pages on the Ingraham Athletics website and is open to communication if you player has any injury or other situation requiring medical supervision.
  - Jeff is super busy every day with athletes from all spring sports and his services do not take the place of your own medical doctors, physical therapists, etc.
- **Uniforms**
  - Ingraham Soccer Uniform Policy – boys/parents will be held financially responsible for any unreturned jersey (\$35), shorts (\$25) or duffel bag (\$30 varsity only)
  - IHS Boys' Soccer reserves the right to charge for any unreturned gear or unpaid uniform items to the school admin office for further action.
- **Program Gear/Team Fee**
  - Returning players should already have socks from last season. New socks are available for purchase at a fee of \$30.00 for two (2) pairs – blue and white.
  - Varsity, JV and JVC players will each have team shirts (DriFit ¼ zips) with embroidered Ingraham Soccer Logo. These will cost \$40.00. This is the official team warmup for this season and future seasons and features the new Ingraham Soccer logo (See logo below)





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- All program gear is optional, and players are welcome to continue to use ¼ zip shirts purchased from previous seasons.
- Varsity will be getting embroidered parkas for players while they sit on the bench. There will be an option for Varsity players to purchase these parkas for themselves as well. These will be the same as the team parkas but will have the players initials on the left chest area to distinguish them from the teams'. These will cost \$85.00. PURCHASING INDIVIDUAL PARKAS IS COMPLETELY OPTIONAL
- Contact Coach Hoffman before Monday, March 9<sup>th</sup>, 2020 at 7pm if you wish to purchase either a ¼ zip or parka.
- Checks for socks and other team gear payable to: Hiram Hoffman
- Payments options via Venmo/ Cashapp or Zelle are also available. Please see or contact Coach Hoffman for more information on alternative payment methods
- As always, expedience with regard to payment is greatly appreciated however we will accommodate payment arrangements given the right communication and understanding is provided
- Jen Fallon is coordinating a hoodie as "Fan Gear". This is OPTIONAL, and meant for parents, friends or players to wear casually. This is not part of the uniform. Orders due by MARCH 9! See [www.ingrahamathletics.org/boysoccer](http://www.ingrahamathletics.org/boysoccer) for ordering details. There will be no orders after March 9
- **Fundraising/Soccer Program Donations**
  - Contact Jen Fallon, there is a tax-deductible way to contribute to the Boys Soccer through the booster club, or for smaller amounts, funds will be used to support scholarship needs for players to cover snacks, team gear. Details on [www.ingrahamathletics.org/boysoccer](http://www.ingrahamathletics.org/boysoccer) (scroll down)
  - The team may be conducting a private fundraiser to raise funds for a team soccer camp prior to next season (2021).Details to come.
- **Ingraham Athletic Booster Club**
  - Jen Fallon is the Boys' Soccer Liaison to the Ingraham Athletic Booster Club. She updates the Boys' Soccer website pages as well as the whole IABC website at [ingrahamathletics.org](http://ingrahamathletics.org). Unfortunately, we are losing Jen after this season and would appreciate someone taking over the Booster Club Liaison role (attend monthly meetings, share info). Website editor for team pages is also needed.
  - Always looking for more boosters. It's a great way to meet other parents and get an idea of what is going on at and after school. (It's not just about trying to raise money for teams!) I know a few of you are involved in different ways already, and thank you.
- **Team Events**
  - Senior Night (May 6, 2020)
    - All Seniors including JV and JVC will be moved up to play for Varsity on Senior night.
    - Stacie Van den Dyssel has agreed to coordinate Senior Night Activities. Please contact Stacie ([stacienakamoto@hotmail.com](mailto:stacienakamoto@hotmail.com)) for any questions regarding Senior night
  - Team Dinners
    - Each team is encouraged to have a team dinner once or twice a month. Parents are encouraged to take the reins on this and help with coordinating. It's a great way to get to know your kids' teammates. The Ingraham lunchroom can be reserved upon request.
    - VARSITY
      - Temry Lathrop has graciously agreed to coordinate team dinners.
      - There will be one dinner in March and two in April. Stay tuned to your emails or GroupMe for specific details on dates.
      - For more information contact Temry ([temrycan@gmail.com](mailto:temrycan@gmail.com))



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- JV and JVC
  - Looking for volunteers to help coordinate team dinners
  - For questions about what coordination entails please contact Temry Lathrop above.
- End of the Season Banquet
  - TBD - one weeknight mid-May
  - Stay tuned for more information
- **INGY'S**
  - Sports awards night for Ingraham athletes, primarily oriented for the students to attend and cheer each other, but parents are welcome.
  - June 8<sup>th</sup> 2020
  - Contact Patrece Mansisidor (pmansisidor@gmail.com) for information on event and ways in which parents can help.
- **Team Contact Information**
  - Hiram K. Hoffman (hiram.K.Hoffman@gmail.com or 502-600-1477)
  - Isa Whalen (1sarainboww@gmail.com)
  - Leon Bamba (leonsbamba@gmail.com)
  - Jen Fallon (jzfallon@gmail.com)