

# **CDH Raiders Girls Soccer 2018**

## Our Mission Statement

Cretin-Derham Hall girls soccer players strive to be young women that model the core values of *integrity, strength, and courage*. They find joy in being their best and bringing out the best in others.

## Our Rules

- **Be on time**
  - Arrive ready to go by start time
  - Always come mentally prepared
  - Notify coaches in advance when you have to miss a practice or game
- **Be present**
  - Engage in soccer, both mentally and physically
  - Embrace learning & improvement
  - Invest in pushing & challenging teammates
- **Be constructive**
  - Support your teammates' improvement with positive & helpful guidance
  - Model positive behavior & body language in tough moments
- **Be open**
  - Communicate directly with coaches & teammates about issues
  - Receive feedback from coaches & teammates with a positive attitude and open mind
- **Embody the mission values of integrity, strength, courage, & joy**
  - Represent the program positively, on & off the field
  - Value and include all team members
  - Compete within the principles of fair play, acting with integrity towards opponents & referees
  - Share team responsibilities
  - Live courageously & with joy!

## Coaching Staff

**Head Coach:** Rosie Malone-Povolny -- 651-497-6442 -- [rmalonepovolny@c-dh.org](mailto:rmalonepovolny@c-dh.org)

**Assistant Varsity Coach:** Christy Tupy -- [tupyx007@umn.edu](mailto:tupyx007@umn.edu)

**Goalkeeper Coach:** Rachel Wilson-King -- [rswilsonk@gmail.com](mailto:rswilsonk@gmail.com)

**JV Coach:** RJ Turk -- [RJ.Turk@lejeunesteel.us](mailto:RJ.Turk@lejeunesteel.us)

**B-Squad Coach:** Connor Young -- [cyoung@stthomas.edu](mailto:cyoung@stthomas.edu)

**9th Grade Coach:** Leah Lawler -- [leah.lawler@icloud.com](mailto:leah.lawler@icloud.com)

## Communication

- Communicate directly and respectfully with all members of our CDH community.
  - Players are always advocates for themselves first. We believe strongly in this because direct communication is the most effective communication. Even more importantly, self-advocacy is a life skill that empowers our players and allows their voice to be heard.
  - If issues remain unresolved, the player and coach will work together to add the right people to the conversation.

## 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!  
--- All these documents can be found by following  
the link in the upper right corner on the [CDH Athletics Homepage](#) ---

### **What you need to bring to every tryout and training:**

- |                      |  |                            |
|----------------------|--|----------------------------|
| * Soccer cleats      | * <b>Running Shoes</b>                               | * Any other equipment you  |
| * Lots of water!     | * Soccer Socks                                       | need to perform your best! |
| * Pumped Soccer Ball | * Shin guards (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 6th - August 13th. [The website for this is linked](#) on the Girls Soccer homepage on the athletics website.
- \* Picture Day will be on August 20th -- Please pick up forms now or from your coach before then!

## Weather

- \* 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.