



BOULDER
HEROES
WOMEN'S SOCCER

Player/Parent Presentation
2018 Spring Season



Coaching Staff

- ▶ Head Coach - **Carlos Real**
- ▶ JV Coach - **Weston Steinberg**
- ▶ Fresh/Soph/Assistant - **Brian Anderson**
- ▶ Assistant/Goalies Coach - **Madi Mayfield**



Spring 2018 BHS Girls Soccer Teams

- ▶ **Gold** - 25 Players - Strictly Developmental (The aim is for everyone to play about the equal amount of time. Positional experimentation will occur).
- ▶ **Purple** - 25 Players - Strictly Developmental (About the same amount of playing time. Positions more established).
- ▶ **Junior Varsity** - From 20 to 24 Players - Competitive (With a large roster, JV players may not play in every game but will play throughout the season. Position based).
- ▶ **Varsity** - From 18 to 22 players - Competitive (Not the same playing time, not everyone plays. Results matter).



Academic Eligibility

- ▶ **We will follow the district rules on eligibility.**
 - ▶ 2 failing grades and you will be ineligible until, at least, one of those grades is a passing grade.
 - ▶ We will see grades every Friday though, so a player that has a failing grade or a consistent D in a class will, in most cases, get a recommendation from the coaching staff to attend to that grade for the week until it's fixed. That would mean, no practice that week, or the weeks to follow and therefore less, or no playing time on games that week.
- ▶ **School work comes first, *always*.**
- ▶ **Self organization and discipline is of the utmost importance.**



Student-Athlete Conduct

- ▶ **We will also follow the district rules on player conduct.**
 - ▶ First offense, they will miss 20% of the of the total scheduled games without appeal. (i.e. 3 out of 15)
 - ▶ On the second offense a player will miss 50% of the total scheduled games, at which point the coaching staff will have to evaluate if the player should be demoted to give way to a player that will be eligible for those games.
 - ▶ Third offense and the player, by district rules, will have to be removed from any athletic activity for an entire 12 month period.
 - ▶ Incidents carry over from year to year for three calendar years. Game suspensions carry over from season to season.



Student-Athlete Conduct - Cont'd

- ▶ Offenses are clearly defined as alcohol or substance abuse, academic fraud (cheating, plagiarism, etc...), conduct unbecoming of a Boulder High School Citizen (abusive and/or disrespectful behavior on and off the field, taunting, bullying, hazing, harassment, etc...) and breaking internal rules set forth by the team and agreed by all players, coaching staff and school administration.



Playing is a privilege

- ▶ Participation in interscholastic activities as a part of a school's educational program is a privilege and not a right. Students wishing to participate are required to meet standards of personal behavior and academic performance which are related to school purposes. In this regard, the CHSAA and its member schools may exercise the fullest discretion permitted under law.



Communication Hierarchy Protocol

- ▶ **We will follow the district communication hierarchy protocol** so if any issue arises (playing time, position being played, etc...) **the player should:**
 - ▶ Talk to her team coach first and try to resolve it at that first level.
 - ▶ Talk to the Assistant to the Program Head Coach if it wasn't resolved at first level.
 - ▶ If the issue still persists the Program Head Coach, Assistant Coach, Team Coach and player will meet to resolve issue.
 - ▶ Only if at the previous instance the issue is not resolved, the Program Head Coach and Student will meet with the Athletic Director. And if needed, the parents will be invited to listen in.



Communication Hierarchy - Cont'd

- ▶ We want to encourage these young adults to **learn to resolve conflict** by themselves, to learn skills to negotiate and communicate with adults, to fend for themselves.
- ▶ In short, **we want them to grow & take responsibility for themselves**, and conflict resolution is an important part of it



Physical Exam

- ▶ Per CHSSA and BVSD Rules, all students must submit proof a physical was completed within the last 365 days with a doctor's signature.
- ▶ Proof of a current physical must be submitted to the BHS athletic office in person before tryouts.
- ▶ No student will be allowed to participate in tryouts without a receipt from the athletic office verifying proof of completed registration and current physical. **NO EXCEPTIONS.**



Volunteers

- ▶ Every team needs a manager to organize everything from:
 - ▶ Away meals
 - ▶ End of the Year Soccer Banquet and Awards Night: At least 2 parents from each team.
 - ▶ Families to host team dinners/team bonding activities during season. This is going to be a big part of our success.
- ▶ Senior Night needs to be organized by Juniors' parents
- ▶ Please email Coach Real if you are able/willing to volunteer/ manage.



Uniforms/Equipment

- ▶ We are in the second year of two of our uniform cycle. We have enough for everyone.
- ▶ **Equipment: Donations to our program are very important!**
- ▶ All players will be encouraged to purchase a “BHSWS Spirit Package” with options depending on their team - Flyer to be emailed to families at Preseason Camp and Tryouts.



Cost of Playing

- ▶ Even though High School Athletics are not Pay-to-Play activities, there are some expenses that need to be covered. The following slides show a breakdown of what the season looks like in terms of cost per player.



\$185 - School Athletic Fee

- ▶ This fee covers fields, stadium lights, maintenance, transportation to and from games, and all other administrative costs incurred by the School.
- ▶ **This is a mandatory fee** that all athletes need to cover to participate in the program.
- ▶ Financial assistance available; please contact Coach Real for information



\$135 - Program Contribution

- ▶ This fee covers the End of the Season Awards Banquet's food, drinks, decorations and venue rental.
- ▶ A pair of white and a pair of purple game socks.
- ▶ Away-games food, drinks and snacks.
- ▶ This is not a mandatory fee (except for \$16 for the socks) and you can contribute what you can to the banquet. You can bring your own away-game food.



\$130 - Pre-Tryout Camp

- ▶ The focus of the Pre-Season Camp is to prepare for the BHSWS Season.
- ▶ Emphasis is on technical skills training, strength, speed, quickness, flexibility, small sided games and introduction to BHSWS tactical principles.
- ▶ All grades/levels are encouraged to participate.
- ▶ Participants get a Camp T-shirt & water bottle.
- ▶ Not mandatory but program's main fundraiser.



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Pre-Season & Season Information



Preseason Schedule

ACTIVITY	AM PM	WEEK 1 Jan 8-12	WEEK 2 Jan 15-19	WEEK 3 Jan 22-26	WEEK 4 Jan 29- Feb2	WEEK 5 Feb 5-9	WEEK 6 Feb 12- 16	WEEK 7 Feb 19- 23	WEEK 8 Feb 26- Mar 2	WEEK 9 Mar 5- 9	Mar 10 Mar 12- 1
FITNESS											
Cardio endurance	AM										
Strength	AM										
Agility/Speed	AM										
Flexibility	PM										
Senior Led Practices	TBD										
TECHNICAL TRAINING Includes: Juggling Dribbling/Moves 1v1s and 2v2s Passing & receiving Shooting Trapping First Touch Headers, etc...											
	PM										
TACTICAL TRAINING Includes: Formation Concepts Movement off the ball Roles and responsibilities Set pieces, etc...											
	PM										
TRYOUTS & MEETING											
Parent/Player meeting	PM										
Player Only Meeting	PM										
Leadership Meeting	PM										
2 Day Tryouts	PM										
Team Assignments Notifications	PM/AM										
CLASSROOM SESSIONS Depending on weather, these might change											
	PM										
PRE-SEASON CAMP											
	PM										
SCRIMMAGES & GAMES											
	PM										

Visit boulderhighwomensoccer.com for a printable pdf



Pre-Season Camp/Fundraiser

- ▶ **Primary Fundraiser is the Pre-Season Camp.**
Camp starts the week of February 19th.
- ▶ Additional fundraiser opportunities might occur.
- ▶ Families are also invited to make supporting contributions to the BHS Women's Soccer Program as we have a very limited budget.
- ▶ Fundraising ideas are welcome. Contact Coach Real if you have one.



Regular Season Practices

- ▶ We have been able to work with other BHS programs to have an earlier practice time for the girls.
- ▶ It will be a rotating schedule every two weeks (5-7pm and 7-9pm) so that the girls can have more homework, family and rest time.
- ▶ Visit **boulderhighwomensoccer.com** for up-to-date info.
- ▶ Each student-athlete is responsible for staying informed about any practice or game time/location changes that inevitably occur during the season. Any questions, please call your coach but visit the webpage first.



Regular Season Practices - Cont'd

- ▶ **All practices and games are mandatory.** Student-athletes must manage their schedule appropriately. Parents can help their daughters be successful in the program by scheduling appointment, travel, family time and events around soccer practice and games.
- ▶ Student-athletes who miss practices will jeopardize their position on the team and in the program. **Student-athletes will not be excused from practices or games for appointments, bank holidays, family dinner plans, college student siblings in town, vacations, etc.** Part of being a successful student-athlete is managing academic success and athletic participation.
- ▶ Student-athletes who need additional academic assistance/tutoring are encouraged to contact Coach Real.



Bus/Snacks

- ▶ Student-athletes are expected to travel on the bus when it is provided. The bus is an important part of high school sports, team bonding, and commitment. There will always be a coach or administrator on the bus.
- ▶ Student-athletes are excused to leave for the bus 15 minutes before departure time. If a student-athletes leaves earlier they will have an unexcused absence from class.
- ▶ **Food on away games** - Each student-athlete will have the opportunity to purchase a healthy lunch/dinner box as arranged by our Team Managers. More info will follow.



Parent Information Section

- ▶ Please visit the **Program Information for Parents** section at the bottom of the website for a complete explanation of it, attendance rationale and parent's expectations.
- ▶ Look at the "**Where can you help?**" section to see if there's any skill set you can bring to the betterment of the Program.



The Why

▶ MISSION

Achieve the highest possible level of soccer through teamwork, by being the best individuals we can be.



The How

How do we achieve this?

- ▶ **Humility** - Are you too big to do the small things? Are you a player that wants to make the team great? Or do you just want to be a great player?
- ▶ **Effort** - Physically are you willing to train harder than a non-Panther? To outwork yourself at every training? Off the field in schoolwork, in your community, with your family? And mentally are you willing to motivate, encourage and teach your peers and teammates? To learn from them?
- ▶ **Respect** - Yourself, the opponent, the coaches and teachers, the referees, your peers. The game, the system, the work that you have to put into it.
- ▶ **Ownership** - This is your time. The time to make YOUR mark, your contribution. This is yours and you will get out of it whatever YOU put into it
- ▶ **Accountability** - Will you accept your responsibilities - off and on the field - and look truthfully into yourself to become better in every aspect of your life? Can we count on you?



The What

- ▶ **Is WHAT you are doing benefiting or hurting the team?** If it's hurting it, can you stop and make a mend? If it's benefiting, can you pay it forward? Can you inspire others?
- ▶ The question you should always ask yourself is:
WHAT?
- ▶ **What** am I doing to improve the team? The bonds and relationships? The play on the field? **What** is important to me and my teammates? **What** can we do without? And **What** can we use more of?



Parent Food For Thought

- ▶ Think about one reasonable, measurable goal you have for your daughter this season.
- ▶ Think about one reasonable, measurable goal you have for our program/your daughter's team this season.
- ▶ What do you want your daughter's experience to be like if she CAN'T accomplish any of the goals you thought for her, or for the team/program?
- ▶ What do you want your experience to be like as a sports parent?
- ▶ What can you do to help create that experience for other parents?
- ▶ What can the coaches do to help facilitate that experience?



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Thank You
GO PANTHERS!