



BOULDER
HEROES
WOMEN'S SOCCER

Player/Parent Presentation

2023 Spring Season

PROGRAM HANDBOOK



Coaching Staff

- ▶ **Carlos Real** - Head Coach
- ▶ **Kiersten Lewis** - JV Head Coach
- ▶ **Sayge Blackstad** - Program Asst.
Coach/Purple Team Coach
- ▶ **Will Geisz** - Purple or Gold Team Coach
- ▶ **Laura Armstrong** - Goalkeepers Coach



Athletic Department

- ▶ **Ryan Bishop**

- ▶ Assistant Principal, Athletic Director

- ▶ **Jenni Bernstein**

- ▶ Athletic Administrative Assistant





Spring 2023 BHS Girls Soccer Teams

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



Spring 2023 Important Changes

- ▶ **SENIORS** - Will not automatically be on Varsity.
- ▶ **VARSITY RETREAT** - No out-of-town varsity retreat
 - ▶ Every team will need to organize a dinner/sleepover after tryouts to set team rules & expectations for the season
- ▶ **SCRIMMAGES** -
 - ▶ **Varsity** - Regis University Saturday, March 4
 - ▶ **JV, Purple & Gold** - TBD



Spring 2023 Important Changes - Cont'd

▶ **LEAGUE ALIGNMENT -**

▶ Front Range League is now split in two; based mostly on geographical location. BHSWS is in the 5A FRL South

▶ **Boulder**

▶ **Broomfield**

▶ **Legacy**

▶ **Fairview**

▶ **Monarch**

▶ **Northglenn**

▶ **Horizon**

▶ **Mountain Range**



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 tend 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, player misses **20% of the of the total scheduled games** without appeal. (i.e., 3 out of 15)
- ▶ Second offense - **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 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 BHSWS Program** 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, attendance, 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.



Practice & Game Expectations

- ▶ **90 at 100** - Stands for 90 minutes at a 100%. Practices and games are roughly 1.5 hours long. We are to be 100% focused and committed for that period of time. We believe in discipline and hard work more than we do in talent and luck.
- ▶ Players who are not at practice will definitely not start and playing time is up to the consideration of the team coach. **Do not expect to play if you haven't been there.**



Practice & Game Expectations - Cont'd

- ▶ For all teams, but especially for the Varsity and JV, performance on practices and games will determine playing time, so each player must come ready to play, ready to compete and ready to improve.
- ▶ **The best competition should always come within.**
- ▶ This attitude and commitment is what will make us bump up to our potential and therefore elevate it.



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 the **Team Coach First** and try to resolve it at that first level.
 - ▶ Talk to the **Assistant to the Program** if it wasn't resolved at first level.
 - ▶ If the issue 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.



Message to Parents

- ▶ 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 their lives**, and conflict resolution is an important part of it.
- ▶ Uniform, gear, attendance, being informed about events, etc... is the **SOLE responsibility of the players.**



Communication Policy

- ▶ Communication should come from **players**, not parents.
- ▶ If a player needs to contact a coach via text or email, there must be a parent/guardian included on the conversation.
- ▶ Communication by text or email from coaches to individual players should include a parent/guardian, the team, or at least, another teammate.
- ▶ The only allowed method of individual communication is through TeamSnap (Email or Chat).



TeamSnap

- ▶ All communications will be through TeamSnap
- ▶ Program (General communication, Preseason)
- ▶ Individual Team after tryouts
- ▶ Update personal information
 - ▶ Emails
 - ▶ Phone numbers

Home Roster Schedule Availability Tracking Invoicing Statistics Assignments Media

Edit Member

Member Info

First Name	Carlos
Last Name	Real
Birthday	December 20 1971 <input type="checkbox"/> Hide age
Gender	Male
Non-Player	<input checked="" type="checkbox"/> This person is a non-playing member of the team

Contact Information [+ Add New Family Member](#)

Person 1

First Name	Carlos	Last Name	Real
Email	carlos.real@bvsd.org	Who's This?	Coach
<input type="checkbox"/> Private <input checked="" type="checkbox"/> Receive emails			
Phone Number	303.999.5825	Label	Cell Phone
<input type="checkbox"/> Private <input checked="" type="checkbox"/> Team alerts sent via SMS			
+ Add Phone Number			
+ Add Address			

Optional Player Details [Show](#)

[Cancel](#) [Save](#)



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.**



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, referees, 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 - carlos.real@bvsd.org



\$90 - Program Contribution

- ▶ This fee covers the End of the Season Awards Banquet's food, drinks, decorations, etc...
- ▶ A pair of white and a pair of purple game socks
- ▶ A pair of BHSWS training t-shirts
- ▶ Away-games drinks and snacks.
- ▶ This is not a mandatory fee (except for \$30 for the socks & t-shirts) and you can contribute what you can to the banquet. You can bring your own away-game snacks.



\$125 - Pre-Tryout Camp

- ▶ The focus of the Pre-Tryout Camp is to prepare not only for the tryouts, but the entire 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.
- ▶ Not mandatory but program's main fundraiser.



BHSWS Spirit Package

- ▶ 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.
- ▶ Varsity jackets, pants, pullovers, hoodies, etc...
- ▶ Financial Assistance - Reach out to Coach Real



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Pre-Season & Season Information



At a Glance

- ▶ **Voluntary Preseason** - Everyone is invited at no cost.
- ▶ **Pre-Tryout Camp** - Everyone that is serious about making a team should make an effort to attend. More to follow.
- ▶ **Tryouts & Season Start** - Feb 27th & 28th.
- ▶ **Scrimmages** - March 4th, 6th-7th
- ▶ **Full Season** - 1st game: March, 9th - Last game: May, 6th
- ▶ **Spring Break** - No games scheduled as of now
- ▶ **Post Season** - Varsity Only - Championship game May, 24th



Voluntary Preseason Schedule

2023 Preseason Plan for Women's Soccer Program

ACTIVITY	AM PM	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10
		Jan 2-6	Jan 9-13	Jan 16-20	Jan 23-27	Jan 30-Feb 3	Feb 6-10	Feb 13-17	Feb 20-24	Feb 27-Mar 3	Mar 4 Mar 6-10
FITNESS											
Cardio endurance	AM										
Strength & Agility	AM										
Interval/Peak	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										
2 Day Tryouts	PM										
Team Assignments Notifications	PM										
Team Sleepovers	PM										
CLASSROOM SESSIONS Depending on weather, these might change											
	PM										
PRE-SEASON CAMP											
	PM										
SCRIMMAGES & GAMES											
	PM										

Notes: Weeks 4-6 will be 2-a-day sessions with Fitness in the AM (7:00 to 8:00) from Mon, Tue, Thurs, and Friday in the Main Gym, and Technical Training from 4:00 to 5:30pm all week at Recht.
 Weeks 7 and on, training will happen only in the evening.
 After Week 9, regular practices - See website. Week 10 are scrimmages TBD.
 March 9 is the first game.
 This is a tentative calendar and will be confirmed prior to the start of Preseason Training. Check back often for changes.

Visit boulderhighwomensoccer.com for a printable pdf



Pre-Season Expectations

- ▶ **2-a-Days:** From Jan 23th to Feb 10th.
- ▶ **Morning fitness sessions** - See next next slide
- ▶ Afternoon sessions will be at Recht/Classroom* from 4 to 5:30pm.
- ▶ This is a voluntary preseason but **players are encouraged to be at as many events as their schedule allows.**
- ▶ Players doing Winter Sports should continue to honor their commitment.

* Depending on weather



Morning Fitness Sessions

- ▶ Location: **Main Gym** or Virtual depending on weather.
- ▶ Monday, Tuesday, Thursday, Friday - **From 7 to 8am**
- ▶ Wednesday - **No morning workout**
- ▶ If weather allows - **Recth Field**

- ▶ **YOGA MAT, WATER & GREAT ATTITUDE!**
 - ▶ If virtual, you'll need sufficient space & weights



Team Practices

- ▶ **Gold & Purple:**

- ▶ Monday through Thursday from 4 to 5:30 on BHS Grass Fields

- ▶ **JV & Varsity:**

- ▶ Monday through Thursday from 4:45 to 6:30pm on Recht
- ▶ Some Saturdays from 10 to 11am on Recht or Weight Room



Pre-Tryout Camp/Fundraiser

- ▶ Primary Fundraiser is the Pre-Tryout Camp. Camp starts the week of **Feb 21st to 24th**. (No school on 2/20)
- ▶ 4:45 to 6:30 pm on Recht weather permitting.
- ▶ Register Link will be sent closer to the date.
- ▶ Additional fundraiser opportunities might occur.
- ▶ Families and friends 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



Tryouts

- ▶ **Feb 27th & 28th.** (Official start of the season)
 - ▶ Register Link will be sent closer to the date.
 - ▶ It is our aim that all players will know their team placement by the end of second tryout day
 - ▶ Coaches will send a TeamSnap Invite once all players have been contacted and players that accept the invitation will officially be placed on that team
 - ▶ Team practices will start on February 29th



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.** It is equally as important for the players to be on the bus going to the game, and coming back from it.
- ▶ **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** - Sadly, the District is not allowing any food to be consumed on the buses again. So players will have to bring their own food and eat it before the trip, or at the field if their game doesn't start for at least an hour and a half.



Volunteers

- ▶ **Marc Hubble**
- ▶ Program Manager
- ▶ **Team Managers** needed for each team - see next slide
- ▶ **Game Video/Photography**
- ▶ **Senior Night** - Organized by Juniors' parents
- ▶ Please email Coach Real if you are able/willing to volunteer/manage.



Volunteers – Team Managers

- ▶ Every team needs a manager to organize everything from:
 - ▶ Away Snacks
 - ▶ 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.



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.



FINAL MESSAGE TO PLAYERS

- ▶ **Bring back the effort, intensity and culture**
- ▶ **HEROEA** values on and off the field
- ▶ **Varsity needs to be more competitive**
- ▶ **Rules are very clear:**
 - ▶ Attitude - Effort - Talent
 - ▶ Willingness to get better & learn the BHSWS Way
 - ▶ Commitment & Conduct



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Thank You
GO PANTHERS!