



Boulder HEROES

Player/Parent Presentation

2025 Spring Season

PROGRAM HANDBOOK



Coaching Staff

- ▶ **Carlos Real - Head Coach**
- ▶ **Dre Ramirez - JV Head Coach**
- ▶ **John Stewart - Purple/Gold Team Head Coach**
- ▶ **Sayge Blackstead - Program Asst. Coach**
- ▶ **Jeff Frykholm - Varsity Asst. Coach**
- ▶ **Orion Creamer - Goalkeepers Coach**



Athletic Department

- ▶ **Ryan Bishop**
 - ▶ Assistant Principal, Athletic Director

- ▶ **Jenni Bernstein**
 - ▶ Athletic Administrative Assistant





Spring 2025 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 2025 Important Notes

- ▶ **SENIORS** - Will NOT be on Varsity automatically.
- ▶ **COMMUNICATIONS** - Do not contact coaches unless it's by Google Chat, email, or the new BHS Athletics App (more on that ahead).
- ▶ **SCRIMMAGES** -
 - ▶ Varsity - Regis University Saturday, March 1
 - ▶ JV, Purple & Gold - TBD - March 2&3



Spring 2025 Important Notes - Cont'd

▶ LEAGUE ALIGNMENT -

▶ This is the first year Boulder High is - in all sports- in the **Rocky Mountain Conference.**

- ▶ Boulder
- ▶ Brighton
- ▶ Mountain Range
- ▶ Northglenn

- ▶ Prairie View
- ▶ Riverdale Ridge
- ▶ Westminster



Spring 2025 Important Notes - Cont'd

▶ **OUT-OF-CONFERENCE CONFIRMED GAMES -**

- ▶ @ Monarch
- ▶ Fairview
- ▶ Arvada West
- ▶ @ Ralston Valley
- ▶ @ Broomfield
- ▶ Castle View
- ▶ Horizon
- ▶ @ Erie
- ▶ Silver Creek



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.
- ▶ **ABSOLUTELY NO BULLYING WILL BE TOLERATED**



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 90 minutes 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 aren't there.**



Practice & Game Expectations - Cont'd

- ▶ For all teams, but especially for the Varsity and JV, attitude and 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.
- ▶ Off the field conduct & attitude, whether on BHSWS events or not, will also determine playing and for how long.



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.



Communication Policy

- ▶ Communication should come from **players, NOT PARENTS.**
- ▶ Communication by text is STRICTLY PROHIBITED NOW.
- ▶ All communication will have to go through the new BHS App, BVSD emails, or Google Chat. No exceptions. As soon as they connect the App to our Program, we'll give a crash course on how to use it.
- ▶ We'll use the 2025-bhsws-program@bvsd.org email for program-wide emails and each team will have its own email address once they are formed.



Message to Parents

- ▶ We want to **EMPOWER** 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.**



Registration/Physical Exam

- ▶ All players can now register for the season at:
 - ▶ <https://boulder-ar.rschooltoday.com/home>
- ▶ 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 at time of registration to be eligible for tryouts.
- ▶ No student will be allowed to participate in tryouts without the 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.



\$200 - 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 and it will need to be covered at time of registration.
- ▶ Financial assistance available; please contact Coach Real for information – carlos.real@bvsd.org



\$115 – 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 black game socks
- ▶ A pair of BHSWS training t-shirts
- ▶ Away-games drinks and snacks.
- ▶ This is not a mandatory fee (except for \$50 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, small sided games and introduction to BHSWS tactical principles.
- ▶ We put the players in game-like situations to **COMPETE**
- ▶ 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



Registration, Fees, & Contributions

- ▶ All payments will be through RevTrack
 - ▶ Pre-Tryout camp - \$125 - **End of Jan.**
 - ▶ Registration & School Athletic Fee - \$200 - **NOW OPEN.**
 - ▶ Program Contribution - \$115 - **Around Tryouts**
 - ▶ BHSWS Spirit Package - \$Varies - **Around Tryouts**
 - ▶ **Donations - ALWAYS!**
 - ▶ We will send a link to our donation page after presentation.
 - ▶ <https://bvsd.revtrak.net/high-schools/boh/boh-team-sports/boh-soccer/#/v/Boulder-High-Girls-Soccer-Team-Donation>



Boulder
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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 24th & 25th.
- ▶ **Scrimmages** - March 1st, 2nd & 3rd
- ▶ **Full Season** - 1st game: March, 6th - Last game: May, 3rd
- ▶ **Spring Break** - No games scheduled as of now
- ▶ **Post Season** - Varsity Only - Championship game around May, 22nd



Voluntary Preseason Schedule

▶ Senior Led Practices

- ▶ Feb 13 to 16
- ▶ After school from 4:15 to 5:30
- ▶ Recht Field or other venues

BOULDER WOMEN'S SOCCER 2025 Preseason Plan for Women's Soccer Program

ACTIVITY	AM	PM	WEEK 1 Dec 30-Jan 3	WEEK 2 Jan 6-10	WEEK 3 Jan 13-17	WEEK 4 Jan 20-24	WEEK 5 Jan 27-31	WEEK 6 Feb 3-7	WEEK 7 Feb 10-14	WEEK 8 Feb 17-21	WEEK 9 Feb 24-28	Mar 1	WEEK 10 Mar 3-7
FITNESS	Max	Fi											
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 Player Only Meeting 2 Day Tryouts Team Assignments Notifications 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 (6:45 to 7:45 am) from Mon, Tue, Thurs, and Friday in the Main Gym, and Technical Training from 4:15 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.
 Tentative date for first game: March 6
 This is a preliminary 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 21 to Feb 7.
- ▶ **Morning fitness sessions** - See next next slide.
- ▶ **Afternoon sessions** will be at Recht/Classroom* from 4:15 to 5:30pm.
- ▶ This is a voluntary preseason, but **players are encouraged to attend as many events as their schedule allows.**
- ▶ Players doing HS Winter Sports should continue to honor their commitment but try to attend BHSWS events.

* Depending on weather



Morning Fitness Sessions

- ▶ Location: **Main Gym** or Virtual depending on weather.
- ▶ Monday, Tuesday, Thursday, Friday - **From 6:45 to 7:45am**
- ▶ Wednesday - **No Morning Workout**
- ▶ If weather allows - **Recth Field**
- ▶ **YOGA MAT, WATER & A GREAT ATTITUDE!**
 - ▶ If virtual, you'll need sufficient space & weights (or replacements)



Club vs High School Priorities

- ▶ Some players are still participating in their club's practices, so until they are done we'd like the priorities to be:
 - ▶ **If there are 2-a-Days the day of your club practice, come to the morning session to cheer on your teammates, attend afternoon session and do the warm-up and technical work if your schedule allows**
 - ▶ **When 2-a-Days are over, attend afternoon session and do the warm-up and technical work if your schedule allows**
 - ▶ **Be at every event BHSWS has if your schedule allows. If club practice gets cancelled due to weather, we will probably have a classroom activity**
 - ▶ **At tryouts, BHSWS should take full priority over Club activities**



Team Practices

- ▶ **Gold & Purple:**
 - ▶ Monday through Thursday from 4 to 5:30pm on BHS Grass Fields
- ▶ **JV & Varsity:**
 - ▶ Monday through Thursday from 4:45 to 6:30pm on Recht field
 - ▶ Some Saturdays from 10 to 11am on Recht or Weight Room



Pre-Tryout Camp/Fundraiser

- ▶ Primary Fundraiser is the Pre-Tryout Camp.
- ▶ Camp dates: Feb 19, 20 and 21. (No school on 2/17 & 18)
- ▶ 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 24 & 25.** (Official start of the season)
- ▶ Again, Register Link will be sent closer to the date.
- ▶ It is our aim that all players will be placed on a team by the end of second tryout day.
- ▶ Coaches will send a Goggle Group Invite to all players with their team placement and players that accept the invitation will officially be placed on that team.



Tryouts - Continued

- ▶ Players will be evaluated by all coaches present and given a score that ranges from Varsity Player to Gold Team Player (1 being Varsity, 7 being Gold). We will be evaluating the soccer player as a whole - Technique, soccer IQ, effort, athleticism, competitiveness, attitude, and how well they play on a team.
- ▶ Those scores will then be averaged, and the player will be placed on the team based on their composite score.
- ▶ Team practices will start on February 26th



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** - Players are encouraged 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. BHSWS will provide snacks (protein bars, fruit, SD, etc...)
 - ▶ Good: Fruit, turkey or ham sandwiches, pasta, chicken, salad, etc...
 - ▶ Bad: Soda, greasy food, huge burritos, etc..



A Note on Transportation

- ▶ Shortage of BVSD bus drivers
- ▶ Charter bus costs around \$3,000 a trip (Anyone?)
- ▶ In-District Away Games: Players are responsible to get to the game



Volunteers

- ▶ **Kristin Creamer**
- ▶ **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:
 - ▶ Delivering Away Snacks prior to games.
 - ▶ 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

- ▶ WE STRONGLY ENCOURAGE PARENTS to 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.
- ▶ Also, take a 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.



PROGRAM NON-NEGOTIABLES (Coaches, Players, Parents)

- ▶ Live by HEROA's Values on and off the field
- ▶ Never put down a teammate
- ▶ Be there, eye contact, shake hands
- ▶ Communication: open, respectful, and factual

Natural Consequence?

Playing is a Privilege



Lastly, a Message to Players

- ▶ **Build on the effort, intensity and culture from the past 9 years. Create your Legacy!**
- ▶ **Varsity will be very hard to make this year**
- ▶ **Expectations are very clear:**
 - ▶ Attitude > Effort > Talent
 - ▶ Willingness to get better & learn the BHSWS Way
 - ▶ A personal challenge: Be what you want your team to become!



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Thank You
GO PANTHERS!