

# CHAN STORM GIRLS' SOCCER HANDBOOK

*Fall 2018*



[chanstormsoccer.com](http://chanstormsoccer.com)

# CHAN SOCCER CONTACTS

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Varsity Assistant Coach	<b>Molly Nepote</b> <a href="mailto:nepot002@icloud.com">nepot002@icloud.com</a>
JV Head Coach	<b>Daniel Abercrombie</b> <a href="mailto:Daniel@abercrombieinc.com">Daniel@abercrombieinc.com</a>
B-Squad Head Coach	<b>John Warren</b> <a href="mailto:Johnwarren3@mac.com">Johnwarren3@mac.com</a>
9 Head Coach	<b>Keaton Koehler</b> <a href="mailto:keatoneverett@gmail.com">keatoneverett@gmail.com</a>

## 2018 Program Captains

Katie Miller

Grace Navara

Ellé Risch

Captains operate the program Twitter account. Follow them for information throughout the season!

[@changirlsoccer](https://twitter.com/changirlsoccer)

# MISSION STATEMENT

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The mission of the Chanhassen Storm Girls' Soccer Program is to develop our student-athletes into stronger players, effective leaders, exceptional teammates and humble competitors. We value the opportunity to play a role in each players' soccer career and will assist them reach their goals in any way we can.

# EXPECTATIONS

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## *The Coach*

To plan, communicate, motivate, model and inspire.

## *The Player*

To prepare; be accountable; accept the challenge of improving skills and developing leadership; help the team be successful.

## *The Parent*

To SUPPORT, enjoy and "let go." Allow your child to grow and learn to advocate for themselves and to be coached and develop character through the challenge of soccer.

# TRYOUTS

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Monday, August 13- Thursday, August 15

## **Monday**

8:30-11:00a Chaska Middle School East Fields G/H \*all grades

3:00-5:00p Chaska Middle School East Fields G/H \* all grades

## **Tuesday**

9-11:00a Chaska Middle School East Fields G/H \* all grades

2:30-4:00p Chanhassen Storm Stadium \*grades 9-10 only

4:00-6:00p Chanhassen Storm Stadium \*grades 11-12 only

## **Wednesday**

9-11:00a Chaska Middle School East Fields G/H \* all grades

2:30-6:00p Chanhassen Storm Stadium \*varsity pool; invite-only

## **Thursday**

2:30-4:00p Chanhassen Storm Stadium \*grades 9-10 only

4:00-6:00p Chanhassen Storm Stadium \*varsity pool; invite-only

Varsity pool invites will be sent via email via [chanstormsoccer.com](http://chanstormsoccer.com).

Wednesday's 2:30p session invites will be sent by 12p Wednesday;

Thursday's invites will come Wednesday evening. Underclassmen invited to the Thursday Varsity Pool session will NOT be required to attend the 9/10 game. 9/10 game participants may be invited to stay the next session at coaches' discretion. Underclassmen invited to ANY Varsity Pool Session are NOT guaranteed a roster spot on a JV/Varsity level.

# TEAM PLACEMENT

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We use our [chanstormsoccer.com](http://chanstormsoccer.com) website for tryout results. After tryouts, players will receive an email notifying team placement at 7a Friday, August 17th. You will need to accept the spot on the team, which will then connect your account to the team page on our website. Game and practice schedules along with bus times will be updated as needed. You have the option of getting email reminders of events located on your account page.

# TEAM BREAKDOWN

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1. The Varsity Team will be the top players based on ability and attitude in order to put the most competitive team out on the field. 16-20 players.
2. The JV team will be the next 16-20 best players.
3. B-squad will be the next 14-16 players
4. 9<sup>th</sup> grade can roster all grades except seniors, but the program generally only rosters 9-10<sup>th</sup> graders on the team.

9<sup>th</sup>-JV coaches will look to develop individuals for the next level while working to build well-rounded team play. Winning is the goal but not the purpose.

# IMPORTANT DATES

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August 20<sup>th</sup>- Uniform pickup. See team schedule for assigned time.

August 21<sup>st</sup>- team pictures- Times between 2:30-4:30p at Storm Stadium

August 23<sup>rd</sup>- Games begin

Early November: Program Banquet @ Oak Ridge

# CONFLICT RESOLUTION GUIDELINES

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During the course of a soccer season, situations may arise among players, coaches and parents that lead to misunderstanding or conflict. When this occurs, it is important that all parties involved approach the problem in an appropriate time, place and manner.

**Games and practices are never an appropriate place to resolve conflicts.**

The Storm soccer program works to develop players into confident, respectful, responsible people who are capable of advocating for themselves and communicating effectively. That includes having difficult conversations with coaches and leaders that they may not have had before. Players should follow these steps after a minimum of 24 hours following the triggering event.

Steps:

- 1- Player talks to captains, if appropriate. If not resolved,
- 2- Player meets with coach. If not resolved,
- 3- Player sets up a meeting with coach AND parent.

Note: Coaches will NOT meet with parents without players present

4- Player sets up a meeting with the AD (coach will be present)

## **COMMUNICATION\*\***

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We will use the [chanstormsoccer.com](http://chanstormsoccer.com) Website to communicate all schedule changes. Make sure your email address is up-to-date and that you've opted in to get reminders and updates. For any questions, contact Coach Katie Clark.

## **ADDITIONAL PROGRAM COSTS**

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### **Tryout Jerseys**

If needed, bring a \$30 check payable to Chanhassen Girls' Soccer. Cost covers 2(Navy/White) training tops that are yours to keep. Barring unforeseen circumstances, we plan on using these shirts for 2 years, so please do your best to keep track of them, otherwise you will need to purchase new shirts next year(if applicable).

### **Socks**

\$25 check payable to Chanhassen Girls' Soccer. Cost covers 2 pairs of quality Adidas socks. Orders will need to be placed the first week of practice.

### **Fundraising**

In lieu of fundraising, we ask each player to bring a \$50 check payable to Chanhassen Girls' Soccer.

### **Apparel**

Will be available to order during the first week of the season.

# SCHEDULES

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The Storm Soccer website will be updated throughout the season. After tryouts, players will receive an email notifying team placement. You will need to accept the spot on the team, which will then connect your account to the team page on our website. Game and practice schedules along with bus times will be updated as needed. You have the option of getting email reminders of events located on your account page.

The schedule for all teams can also be found at [www.metrowestconference.org/](http://www.metrowestconference.org/) or accessed from the school website. This schedule will be updated by our Athletic Director and is subject to change.

# FACILITIES

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We try to keep things consistent, but locations may need to be altered.

Varsity- Chan Storm Stadium / Pioneer Park Field G when necessary

10<sup>th</sup> /JV- - Chaska Middle School Campus- Field G

9<sup>th</sup>- Chaska High School- Pioneer Park Field G

# GENERAL POLICIES

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## Attendance

1. Attendance is required at all games and practices.

2. An unexcused absence (not contacting your coach about missing practice or an inexcusable event such as a concert) from a regular season practice will result in missing the next game.
3. If you contact your coach that you will miss practice and your coach deems it excusable, it is possible that you will still sit part of the next game or not start the next game.
4. An unexcused absence from tryouts may result in not being placed on the highest team possible. You also must make up any fitness tests before you are allowed to play in any games.
5. If there is any reason you cannot attend a practice or game, you must contact your coach personally as soon as possible.
7. You will be excused from practice for school related field trips and family emergencies.
8. You will be expected to attend practice while you are recovering from an injury.

### **Alcohol, Tobacco and Drug Use**

1. Refrain from the use of tobacco, alcohol and other drugs. Chanhassen HS/ MSHSL rules apply.
2. Anyone violating will not be eligible for post season awards.
3. Upon returning, the player will have to work to regain their former playing status.
4. While serving a violation, the player is still expected to attend all practices.

## **School**

1. You must attend all hours of school to play in a game or practice, unless the absence is excused by the office.
2. You are expected to be a leading citizen of the school and community. We expect players to treat teachers, staff, community members and peers with respect.

## **Equipment**

*The following items are mandatory for daily practice*

1. Soccer ball- Must be properly inflated.
2. Cleats
3. Shin guards(Players will not be allowed to practice without them)
4. Practice Jerseys- wear one, bring the other.
5. Water

*Coming to practice ill-prepared will not be looked upon kindly. If a player is not able to practice because she does not have equipment it will be an unexcused absence.*

## **Game Day Procedures**

1. Arrive at least 10 minutes early for all bus times. Plan accordingly.
2. All players are encouraged to ride home on the bus with the team. This is an important time to be together as a team. If there are special situations that require riding home with parents, it must be approved by the coach. Written permission signed by a parent or guardian is required.
3. Coaches will communicate what time players need to be at the field on home game days. Away game bus times will be on calendar.

## **Lettering**

1. Varsity letters will be awarded to all players who participate in 12 halves. Tournament halves count double.
2. Seniors who have been part of the program for 2 or more years will automatically letter.
3. The coaching staff may letter any player at their discretion due to special circumstances.

## **Captains**

1. Each team will have 2-3 captains. Varsity captains will be chosen the previous season, while lower levels will vote during the first few weeks of the season.
2. Captains may be from any grade. The number of captains will be determined at the coaches' discretion.
2. Captains are expected to take on a large amount of responsibility.

### **Captains:**

- Will lead by example on and off the field.
- Will communicate at all times to the players and coaches.
- Will lead the stretches in practices and games.
- Will organize game warm ups with the coaches.