

Enid High School

PACERS SOCCER



“Expect Excellence!”

2019-2020

EHS Soccer



“Expect Excellence!”

THE WOLF AND THE PACK

*Now this is the Law of the Jungle ---
as old and as true as the sky;
And the wolf that shall keep it may prosper,
but the Wolf that shall break it must die.
As the creeper that girdles the tree trunk,
the Law runneth forward and back ---
For the strength of the Pack is the Wolf
and the strength of the Wolf is the Pack.*

The Second Jungle Book
By Rudyard Kipling

Enid High Soccer

PACERS & PLAINSMEN



“Expect Excellence!”

SUCCESS STATEMENT

***“SUCCESS IS PEACE OF MIND, WHICH IS A
DIRECT RESULT OF SELF-SATISFACTION IN
KNOWING YOU MADE THE EFFORT TO BECOME
THE BEST YOU ARE CAPABLE OF BECOMING.”***

***“ALWAYS be able to hold your head high because you
made the effort to do your best.”***

TRAIN, PRACTICE, PLAY...

...FOR THE LOVE OF THE GAME!

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Enid High School
PACERS SOCCER

Hello there, Pacer!

I refer to you as “Pacer”, as in joining this soccer team you are making the commitment to represent Enid High School, and although this should be a wonderful experience you must also realize that it will also involve a lot of hard work and discipline.

I would like to take this opportunity to give you a very warm welcome to our team and in the following pages I plan to give you a “road-map” – that is, to set-out what we are going to be all about and where we want to, and with hard work, will go!

The rest of this booklet is to let you know some of my ideas: the “whys?”, “wheres?”, and “how’s?” of how this program will be run. They detail my coaching philosophy, team guidelines, “my” visions for the team, and “my” goals for the season. There are also three forms, the “Player Questionnaire” the “Commitment Statement/Parent Sign-off” and “Player’s Goals” that I need you to fill-in and get back to me before we break for the Thanksgiving holiday.

Please take time to review this information as it will give you a fuller understanding of what to expect with the Pacers soccer program.

I am excited about our up-coming season. Best Wishes to you,
Your friend and Coach,

Craig Liddell.

Enid High School

PACERS SOCCER

Coach Liddell's Coaching Philosophy

As a coach my overall goal is to develop and maintain a successful winning program. However, there are many elements that are required to do such properly. It is not a case of winning at any cost, but by doing it in the correct fashion – sportsmanlike and with certain flair.

My base is to look at the “best of the best” whom I can learn from. I am very fortunate in that I have played under one such coach and would use much of what I learned there as my starting point. From there I tailor in my own personal points to make it “my” program. I like to think of myself as open minded and hope I would never have the “blinkers” on, while always listening to other knowledgeable & experienced people’s help and advice and consider it carefully. I have a couple of coaches as good friends who fit such criteria. These are people I genuinely trust and respect and I use them to bounce my ideas off of and think them through with.

My coaching philosophy involves taking the team as a whole and attempting to get them to reach their full potential as a squad. Within this I will deal with each person as an individual and encourage growth as a “whole person”. I want each of my players to be the best they possibly can be in all areas of their lives. I appreciate that this will mean different things to each player as everyone is different and people will come from a wide variety of backgrounds. However, I will demand effort not only on the field but also in

the classroom and throughout social aspects of life.

As a coach I realize I am a leader who has a great potential to impact people's lives. Therefore it is key that I am a role model of what I expect from my players. That is, practice what I preach. I would like to be the leader in a responsible manner that gains full respect. I will be approachable to all my players and will be there whenever they need me. I believe it is very important to set out your guidelines and stick to them. That is, be strict but fair. I will consider each situation in its own context but I will deal with it as has been forewarned.

My program will be based on integrity and doing things properly. I will demand sportsmanship from my squad and we will accept wins graciously and losses will be taken with an unconquerable spirit whilst showing our opponents our full respect. Honesty will be key in my philosophy as it lets everyone know where they stand. This demands a certain respect.

Preparation is probably the most important element of my philosophy. I plan to have my team ready for competition. That is both physically and mentally. Therefore there can be no excuses of what should have been done and we will be able to give it our best shot thanks to a cleverly developed master plan.

When I derive a master plan for training programs and game tactics I will stick with them as much as possible with my full faith. However, I do realize that there can be extenuating circumstances that force change and therefore I am prepared to be flexible. I will hold my athletes accountable for their efforts though and they must follow the master plan. If they do not, they do not need to be there.

I hope to be prudent in my actions and will never put serious risk on my athletes' health under any circumstances.

Overall, I want to have a successful winning team. This will happen through the formation of a variety of players who will come from various backgrounds and situations and will need to be coached accordingly and properly in order to get to the state of "one" that the team requires from all its elements.

The following is my overall philosophy for working with our youngest beginners through to our most advanced players. I share this so the community has an understanding of my goals and desires through my work with our youth players.

Coaching Philosophy:

Throughout the ages...

- Understanding the players I am coaching and then planning the correct programming will help create a positive learning environment where all players are exposed to “Developmentally Appropriate” activities and competition, and in turn, being challenged to maximize their own individual potential at each stage of their development.
- Players will be guided and assisted to discover what soccer is all about at each level by having to solve the problems that the game puts forth.
- Through the fantastic learning environment that soccer provides all players will be exposed to “real life” examples and will have to deal with them. Soccer is a fantastic vehicle to do such by exposing players to many character building values and leadership opportunities that will play a key role in the well rounded growth of each player.
- I will strive to be the best role model I can be by setting the standards of sportsmanship very high, continuing to increase my knowledge of the game, being prompt, classy, working hard in all I do, and showing great respect to all I come in contact with.
- Each player will be encouraged to set high standards and achieve their desired level of excellence both on and off the field.

- Craig Liddell, USSF National Youth License 2008

Enid High School
PACERS SOCCER

Team Guidelines

- Attendance:-** Attend all practices unless you are excused by the head coach prior to the session. Proven player illness/injury, other mandatory school commitments, and family emergencies will be accepted as legitimate excuses. (Please do not miss practice for non-emergency situations such as dental check-ups, etc.).
- Clothing:-** Must always bring running shoes and soccer cleats to every practice, and wear shin guards during all soccer drills and games.
Girls must wear T-shirts that at least cover the shoulder.
- Promptness:-** Be fully dressed in the proper uniform for the day in the assigned area before the stated time.
- Facilities:-** Wherever we are (field, practice field, bus, restaurants, etc.) we will leave the area we have utilized in spotless condition. A team effort!
- “Queries?!”:-** When upset, in disagreement or questioning coaches’ decisions you will not throw a tantrum or make a scene, but you will speak to coach personally afterwards.
- No Unsportsman-**
- Like Conduct:-** Including: Foul language; Disrespecting equipment;
Hitting/Fighting; Obscene gestures; Verbally degrading anyone; (others may be added).
- *Furthers:-** Full-on effort is expected always; All players will be held accountable for training and preparation.

*Addition of Rules:- There may be rules added onto this list as coach and/or team see fit and all players will adhere to them.

Discipline:-

As coaches see fit, any of the disciplinary measures or a combination of them, will be used to help shape players' future actions and help them work out what is appropriate behavior:

Minors (Small mess-ups):-

- i. Not starting a game;
- ii. Extra training session is mandatory;
- iii. Team Duties: collecting cones & equipment; assist with other jobs as assigned.

Majors (Gross acts of misconduct):-

- i. Sitting out game/tournament;
- ii. Being off the team for given time;
- iii. Permanently off the team.

Unsportsmanlike Conduct:-

First Offense:-

Kicked out of practice/game, time will have to be made up, & apology to others;

Second Offense:-

Suspension from next game & apology to others;

Third Offense:-

Removed from team for given time, apology to others, meeting with coach to evaluate if you can return.

NOTE: The Enid High School soccer coaches and the school's administration will not deal with players with discipline problems lightly and there may be other stronger disciplinary measures added to this current set of guidelines.

Enid High School

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Commitment to Excellence Statement

I, _____, have read the Enid High School Pacers
(Print Player's Name)

Soccer Team Guidelines, as outlined in our team booklet, and believe that they are in the best interests of the program. By signing this form I agree that I will accept any of the Coach's disciplinary actions in regards to a breach of these guidelines.

(Player's Signature)

(Date)

Parent/Guardian Sign-off

I sign this form as parent/guardian of the above named member of the EHS Pacers soccer squad to say that I have read, or at least had access to, the Enid High Pacers soccer program's player & parent information packet which includes: Coach Liddell's Coaching Philosophy, the Vision & Goals of Pacers soccer, "Parental roles", Key Program Information, Important Practice Information, and our Lettering Policy.

(Parent/Guardian signature)

(Date)

Enid High School

PACERS SOCCER

Vision/Mission/Goals/Objectives

Having given you an idea of my overall coaching philosophy I would like to share my plans and desires for our program going forward and our team this season:

Vision:

The Enid High School Pacers Soccer team will be a successful winning program whose players enjoy what they are doing and they are continually progressing not only as athletes but also as young adults throughout their lifestyle.

Our players will be successful in the classroom as they also develop into fine citizens, both on our campus and in the greater Enid community and beyond, and in turn, are much better prepared for life; ready to reach their goals and dreams.

Mission:

Our Mission as the Pacers soccer program representing Enid High school is to educate and inspire through competitive athletics whilst our student-athletes engage in outstanding academia. Our players work hard, play smart, and win together. Our culture is driven by our committed student-athletes and dynamic coaching staff who stretch comfort zones in order to achieve each player's maximal potential. This is truly our collaborative effort to get better every day which fuels our banner statement, "Expect Excellence!", where our players are challenged, supported, and empowered to do their very best in all of their endeavors.

- Goals:**
- i. To have a "winning" season;
 - ii. To finish in the top four of our district;

- Objectives:**
- a) To get every player to the next level as they proceed along the path towards fulfilling their potential.
 - b) To grow as and come together as a TEAM!

This will be done through thorough mental & physical preparation!!!

Name _____

Enid High School
PACERS SOCCER
Player's Goals for Excellence

Now that I have shared my desires with you, I need to get an idea of what yours are. Take time to honestly consider the strengths and weaknesses you bring to our program. With those in mind, state what you would like to improve on personally and what you can do to bring excellence to your team. See following page for examples; then please fill-in this form as fully as you can and view it as a contract we will aim to fulfill together:

Player's Individual Goals:-

1. _____

How I'll make it Happen (Plan of Action) _____

Record of Accomplishments _____

2. _____

How I'll make it Happen (Plan of Action) _____

Record of Accomplishments _____

3. _____

How I'll make it Happen (Plan of Action) _____

Record of Accomplishments _____

* Use back-side of this sheet if you need it! *

We will review this form at various points throughout the season.

Enid High School

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Example Player Goals for Excellence

1. **Forward** – I will put two out of every five “real” chances to score I get, in the back of the net.

How I’ll make it Happen (Plan of Action) I will practice finishing every day! I will ask for and use the advice from my coaches; I will focus at practice and in the games; I will believe I can score, even when I miss a chance, keeping my head in the game.

Record of Accomplishments In my last game I scored one out of the five real chances I had. I am practicing every day, especially focusing on my accuracy. I am confident I can score (that really helps!).

2. **Midfielder** – I will accurately complete 80 % of my passes on the field.

How I’ll make it Happen (Plan of Action) I will practice passing every day! I will ask for and use the advice from my coaches; I will focus at practice and in the games; I will use good technique and look for my “open” teammates even before I receive the ball.

Record of Accomplishments In my last game I accurately made 14 out of the 20 passes I had. I am practicing every day, especially focusing on my accuracy. I am getting my head up earlier and really getting my smooth, “stroking” technique down.

3. **Defender** – I will win three out of four aerial battles with my opponents.

How I’ll make it Happen (Plan of Action) I will stay longer after practice to work on my aerial challenges at least two days a week! I will ask for and use the advice from my coaches; I will focus at practice and in the games; I will play hard on every ball I go to.

Record of Accomplishments In my last game I won three out of five challenges. I am playing aggressively, and working on my timing of when to “get-up”...it’s getting better!

Enid High Soccer

PACERS & PLAINSMEN



“Expect Excellence!”

Player Guidelines for Enid High School Soccer:

- ✓ All players will be at soccer class on time every day, unless excused for illness, a school function or a family emergency.
- ✓ All players will dress out with appropriate soccer clothing every day, including shin-guards for all on field activities.
- ✓ All players will help in the maintenance and storage of our team equipment. This includes the picking up, and proper storage, of all items at the end of practice.
- ✓ All players will show a positive attitude daily and come to practices ready to work hard.
- ✓ Each player will do what is asked of them by the coaching staff, in the knowledge that it is in their best interests to become a better soccer player and overall, a better citizen.
- ✓ All players will stay in good standing by abiding by team rules and keeping all checked out equipment in order. This also includes taking care of fundraiser assignments to the best of their ability.
- ✓ **Academic eligibility will be maintained!!!**

Failing to take care of any of the guideline areas on this page, and any others determined by the coaching staff, will result in removal from the soccer program!

Key Rules:

- Be on time!
- No profanity.
- No horseplay.
- No cell phones during practice.
- Be respectful to yourself, your teammates, and your coaches.
- Play hard and do your best at all times.
- Drive responsibly to and from practice!

I appreciate everyone's efforts to make our program top notch.

Thanks,

Coach Liddell.

Enid High School Soccer Parental Roles

Dear Parent/Guardian,

You can play a crucial role in the success and efficiency of our soccer program. With your help we can truly keep this program on track.

Here are some ways you can help us out:

1. COMMUNICATE WITH THE COACHES

If your child is ill, injured, or having problems at school, please inform Coach Liddell as soon as possible. You can leave a message at the High School (366-8306), or call him on his cell (747-7763). The coaching staff usually knows what is going on, but just in case there is anything else that the coaches should know about we would really appreciate the information. This allows us a better understanding of our players' situations.

2. ENCOURAGEMENT AT HOME

Please support your student-athlete's sacrifices and the commitment they have put forth. Stick with them and the team through both the good and hard times. It will help our program greatly if you encourage them to stay positive throughout.

3. SUPPORT THE WHOLE TEAM

As we emphasize the importance of teamwork throughout our players' time in our program, we would also like to see our parents being supportive of everyone and not just their child. If we all work together we can create a very positive and supportive environment.

4. HELP FOR A HEALTHY LIFESTYLE

Please help our players receive proper nourishment and get proper rest. This will be a great help in their preparation for games. It is proven that student-athletes perform better in the classroom and on the field when well rested and nourished.

5. HELP PROMOTE OUR PROGRAM IN THE COMMUNITY

Please help us fill the stands with supporters of EHS soccer. Please encourage family, friends, and co-workers to come and cheer our teams on. Our players work hard and deserve to have the fans behind them, it is a great motivator!

6. OFF-SEASON PRACTICES/SPRING BREAK PRACTICE/OTHER COMMITMENTS

We are having a fairly intense schedule of pre-season practices and will also practice two days of spring break. These sessions are imperative to allow us a genuine opportunity to be competitive and have a successful season. If there are any conflicts with practices or games you know about in advance, please inform Coach Liddell as soon as possible. Also, please assist our soccer programs by not making any non-emergency appointments (dentist, hairdresser, etc.) for our players during scheduled practice time. This would be a great help.

LET'S HAVE A GREAT SEASON!!!

Thanks!

Coach Liddell.

Key Program Information:

Training Kit Care:

- Please keep all of your team wear in the best condition possible.
- Clean after use.
- Wear on the appropriate days – “Blue” & “White”.
- You may wear your warm-ups on cooler days even when it is not an assigned day. Please do not be wearing them around town, lounging around the house in them, nor be getting them extra “wear” by doing things in them you should not be. Use them for training sessions with your EHS soccer program.
- Thanks for taking care of Your Team’s gear. Take pride in wearing the colors!

Game Equipment Care:

- ✓ All team equipment checked out and used must be treated with great care. This is your team’s clothing and you must take pride in looking after it.
- ✓ **Uniforms** must be washed after every game on a cool wash and then either hang-dried or put in the dryer at a very low setting.
- ✓ All players will be responsible to provide their own game socks (a navy pair and a white pair) that match the selected **team style socks** and will be each player’s to keep.
- ✓ Jerseys and shorts are for game days only.
- ✓ If there are **any problems** (damage, numbers peeling off, etc.) with equipment you must let Coach Liddell know immediately so as we can find a remedy to the situation.

Game Day Attire:

- ◆ **Home game days** we will **“Dress for Success”**: this will mean dressing up nicely (“Sunday Best”/Church attire/Special Occasion) all day for school and for showing up at the stadium. You look good, you feel good!
- ◆ Every **away game day** you will wear your **“Game Day T-shirt”** and warm-ups to school and for traveling to the games. Failure to do so may result in non-traveling or altered playing time. Coaches will announce any changes to this in case there are days where we play back to back or some situation where it would be impossible to have your clothing clean for the next day.

Team Placements:

Varsity, Junior Varsity, or “Both” – are not set in stone. Players can move both up and down the ladder depending on attitude, commitment, and performance – both on and off the field. This in turn means players may at times have to “give-up” their uniform if someone moves ahead of them.

Playing Time:

Is based on the needs of the team in each particular game. Each player’s attitude, commitment, effort, and ability will all be combined to see where they stand. There may be games where players on the bench see limited action or maybe do not see the field at all. If this happens, feel free to ask the coaches the next day at practice what you need to work on to get to the stage where you can see more playing time if this is so desired. Do not just whine – do something about it...Earn it!

No one is guaranteed playing time – it is earned!
Playing time and team level placement is not up for discussion with parents/guardians.

Appropriate Support & Minimizing Distractions:

Players & their families must understand the need to allow the coaches to coach and the players to play, while focusing energy on encouraging and cheering, rather than giving direction to players from the stands or sidelines. Our teams will have a plan and players must be able to play their role and not be hearing potentially contradictory information from outside sources.

“24 Hour Rule” / Conflict Resolution:

Our coaches are approachable and happy to assist whenever we can. However, this is a crucial rule for both players and parents, do not approach coaches about questions in regards to what has just happened in games or if there is conflict of some kind in training or somewhere else. When you are upset about something – give it a day to “cool off”, then there is a much better chance of understanding on both sides of the discussion. In turn, every player must do their part to aid in Conflict Resolution where they will demonstrate honorable behavior in resolving conflict. Our soccer family members will not complain, gossip or criticize those with whom they may have a disagreement. Instead they will visit with them directly and in a respectful manner

Transportation:

Players training at Waller have the option to ride the school bus from EHS to Waller. EPS bus policy & procedures must be fully followed or bus privileges will be removed.

For team travel to away games, players will be informed where to be and at what time. We will also make an effort to share our expected arrival time home, and to where the drop off location will be. All players must ride the team bus to games together.

After games, when coaches are saying it is possible to “check out”, a parent or legal guardian must be present to sign their student out if they wish to take them home. Parents cannot take “friends” of their student with them, even if the other student’s parent/guardian writes a note or makes a call. Please do not even ask for special permission on this.

There will be a member of the coaching staff with the appropriate “check out” forms to be signed. Coaches must physically see the parent/guardian checking each and every student out every time.

Grading Policy:

Students who meet the attendance policy for Enid High School (90%), and who put forth a good work ethic daily will earn an “A” in soccer class.

Failing to meet the attendance policy will earn a grade of “F” for each semester attendance is not met. Not putting forth effort daily will then put the grade to be earned at the discretion of the head coach. This could also be an “F”.

Bottom line, be there and try hard. You will succeed!

Communication:

Our staff will make efforts to keep families involved of all events and updates. We will use the Remind app and we will also hand out paper forms at times. Students must do their part to keep their families informed, especially with any paper handouts.

“Student-Athlete” – attitude, effort, and citizenship in the classroom and around EHS:

Our players will first and foremost achieve the privilege of representing Enid High Soccer by having a strong work effort and a great, positive attitude in class. We will be on time, focused in class, take care of business with all assignments completed, and always do their best. Around school, we will always be respectful and be “classy” in all we do.

Out & About in our Community – “Represent by being Classy” = Accountability:

Away from school, our players must take ownership of the fact they represent our program, our school, and our city. In turn, they will always show respect and not do anything that would bring any negativity to our program.

Summer Expectations & Fall Off-Season:

Summer training will go through the months of June and July with a break over the July 4th holiday, where we will do nothing at all from the weekend before through the weekend after the July 4th date. The rest of these two months, training will be in the mornings of Monday through Thursday each week. Exact times to be confirmed as it depends on facility availability. This summer program is free of charge to our EHS players.

We will also host a camp for our players where we invite in guest coaches – many who coach at the college level and who have an interest in recruiting our players. Attendance is highly encouraged. There will be a fee for this camp – to be confirmed, but it will be a reasonable price. Dates to be confirmed annually as schedules evolve each year.

Our program will also put on a camp for our local youth players and attendance and a willingness to assist is a must to help give back to the sport and help grow this beautiful game. Players will not be paid for this camp. This is a community service/soccer program boosting effort. Dates to be confirmed annually as schedules evolve each year.

Conflicts with being able to attend must be discussed with the head coach. Understandably, students will have family vacations/trips, college visits, and certain other things that come up. We will work with students whenever we can, however, we also ask our students to do all they can to be there and plan work schedules and trips around this as much as is humanly possible.

Failure to attend summer events will be dealt with by the coaching staff and this could result in participation in the fall and spring being denied.

Further, following summer training, all players planning on playing the following spring season must be in the fall off-season soccer class unless they are playing another sport for EHS that is in-season.

Physicals & Rank One Sports:

Every student must complete a participation form and have a physical performed by an appropriate health care professional every year they participate. Students cannot take part at all until this is completed.

Rank One Sports forms must also be completed by students and their parent/guardian every year prior to participation. There are five forms on the Rank One Sports forms for EPS needs:

- **Emergency Information Form**
- **OSSAA Eligibility form**
- **Concussion Form**
- **Sudden Cardiac Form**
- **Drug Testing Form**

These Rank One Sports forms for Enid Public Schools can be accessed online via the following link:

<https://enidschools.rankonesport.com/New/Home.aspx>

Social Media Policy for Student Athletes:

It must be understood that it is a privilege to represent Enid High School. Our soccer program believes in that 100%. In turn, our students represent our program, our great school, and our City. Inappropriate posts are not acceptable, which includes likes/shares/any type of connection to anything out there that would not be viewed as classy. This includes, but is not limited to: anything that would be in poor taste, viewed as bullying, bad language, any other inappropriate content even if it is only alluding to it or connected on the sly. A great rule of thumb is, “if you would not want “grandma” (or a similar figure of respect in your life) to see this post being connected to your name, do not do it!” If any such issue comes up, it will be dealt with by the coaching staff and any disciplinary measures will be dispersed at the head coach’s discretion.

Social Media Policy for Parent(s)/Guardian(s) of Student Athletes:

Social media is certainly not the place to air any “issues” you think there may be within the program and it is certainly not to bash coaches, players, referees, opponents, and anyone else for that matter. If it is not positive, please keep it to yourself. Such posts may well result in disciplinary measures being assessed against your student-athlete and that includes playing time. Please be advised this is a very serious matter to us.

Bullying & Hazing Policy:

The Enid High Soccer program will follow the EPS anti-bullying and no hazing goals. We all agree there is no place for bullying in our programs and will not tolerate any form of hazing where students need to be “initiated” by any means or form, nor where players are picked on for any reason.

Horseplay, hazing, or bullying simply will not be tolerated. Acts such as hazing (acts which embarrass, intimidate, humiliate), harassment (unwanted abusive behavior of a verbal, written, or physical nature), or bullying (continued harassment by real or threatened infliction of physical, verbal, written or electronically transmitted emotional abuse or attacks on property of another) are a violation of the athletic department objectives. Incidents should be taken seriously and reported to a coach immediately. Penalties will be at the coach’s discretion but when deemed necessary will bring administrators into the situation. We treat this type of behavior very seriously and it could result in removal from athletic participation.

Drug Policy:

The EHS Soccer program wants to prevent its’ student-athletes from being involved with using tobacco, alcohol, and other drugs. Such drug related incidents will have repercussions for players involved and there will be penalties at the discretion of the head coach.

It truly is a privilege to represent Enid High School. There is drug testing for EHS activities’ students. The EPS drug prevention program information, along with details of the collection process, and answers to FAQ’s can be found on the following link:

https://athletics.enidpublicschools.org/17447_1

Athletic Policy Handbook:

A copy of the Enid Public Schools Athletic Policy Handbook can be found online at the following link:

https://s3.amazonaws.com/scschoolfiles/778/2019-20_district_athletic_policy_handbook_002.pdf

Injury Treatment Guidelines

R

“Rest” – Lay off it!

I

“Ice” – Ice packs (frozen peas, etc. will work) 15 - 20 minutes on, an hour off.

C

“Compression” – Put slight pressure on it (“Ace” bandage, etc.).

E

“Elevation” – Raise injured area above where it would normally be.

TRAINING ROOM GUIDELINES

If injured and/or requiring treatment you must visit with, and work with Coach Dickson.

The training room is a place of “business” and not a spot to hang-out/kill time/be goofing around in any way.

The best time to see Coach Dickson this season will be in the training room before practices, after practices, or in the mornings before school by appointment made via the coaching staff. Mornings will typically be in EHS room 118 and afternoons will typically be at the training room at Selby stadium.

If you need taped pre-practice you must hustle over to be assisted by either the coaches or the student-trainers.

Those who are injured and cannot participate must have a note to that effect from their doctor and/or Coach Dickson. Injured players must still attend practice, dressed appropriately for the weather conditions, and help out in whatever way they can while fully keeping up with what is being taught by the coaches. That means they are fully tuned in to practice and not on their phones/letting their minds wander/hanging out with managers, etc.

- If you have any problems with ankles or knees you must get braces to help prevent further aggravation.
- You must tell Coach Liddell if you have any injuries.
- If you have any previous ankle problems you must get a set of marbles and the “prehab” plan from Coach Liddell.

Important Practice Information

2019-2020 Winter Holiday Workout Guideline

<u>Friday, December 20th -</u>	10 x 40 yards sprints, with a jog back to start in between.
<u>Tuesday, December 24th -</u>	3 x 5 minutes “hard” runs, with 2 minutes jog in between each run.
<u>Friday, December 27th -</u>	10 x 40 yards sprints, with a jog back to start in between.
<u>Thursday, January 2nd -</u>	20 minutes continuous run.

Must warm-up (at least 5 minutes of jogging & stretch) before each session and cool-down (at least 5 minutes of jogging & stretch) afterwards.

Spring Break Practices

<u>March 16th, 17th, & 18th -</u>	OFF!!! Make sure you rest up and take proper care of any injuries.
<u>March 19th & 20th -</u>	Practice 10:00 am – 12:00 pm

Regular Season Practices

Varsity practices will be held at the D. Bruce Selby Stadium. JV Practices will be held at Waller Middle School with some sessions at Selby Stadium. Both groups will begin promptly at 3:00 pm with roll. Any players arriving late, without a legitimate reason, will be counted tardy and will have character drills.

Practices will begin at 3:05 pm and will usually last until around 5:00 pm, but please be prepared to stay longer on certain days (5:30 pm, or even later).

Players must bring running shoes, cleats, shin guards, and appropriate clothing every day.

Enid High School Pacers & Plainsmen Soccer Lettering Policy

A student athlete will receive a letter if he or she meets each of the following requirements:

1. Participate in at least four regular season games where they accumulate at least fifteen minutes of playing time during each game.
2. Must start and finish with the team in good standing.
3. Must be eligible throughout the season.
4. Seniors who have participated in soccer at Enid High School during their sophomore, junior, and senior years and are in good standing may be lettered at the coaches' discretion.
5. An athlete having sustained an injury before the completion of the season, and who remains in good standing, may be awarded a letter if the coaches feel they would have lettered if not injured.
6. All equipment must be maintained and checked in at the close of the season, or proper compensation made.
7. Managers must complete two years of service, where they attend at least eight "game days" each year, to be eligible to letter.
8. Must meet the 90% attendance requirement.
9. Any special issue not covered in the specified criteria will be left to the discretion of the head coach.

EHS Soccer



“Expect Excellence!”

MAINTENANCE WORKOUT

Start with:

- ✓ 30 seconds each “pillar bridge”
 - fronts, both forearms
 - side, left forearm
 - side, right forearm
- ✓ 30 seconds glute bridge
- ✓ 7 x each side, lying abductors & adductors
- ✓ 7 x “Supermans”

Do the following Circuit three times, one exercise after another with a one-minute rest in-between sets.

- 10 x Push Ups
- 10 x Alternate Lunges
- 15 x Sit Ups (feet hooked)...can be with or without “Twists”
- 10 x Reverse Dips
- 10 x Squats
- 15 x Crunches (not feet hooked)
- 20 x Alternate Squat Thrusts (“Mountain Climbers”)

Do the Circuit Session at least twice per week, and even gun to over-achieve by doing it three times per week – just make sure you do not do it two days in a row.

“Keep the Strength!!!”

Enid High School

Soccer 2020

Player Questionnaire

Name:

Position(s) played:

Grade:

Parents/Guardians (Names):

Favorite subject in school:

Favorite Movie:

Favorite Quote:

Plans for the Future / Dream Job:

I love soccer because:

Other School Activities:

EHS Soccer 2020

Directions to Away Games

Stillwater -

Take 412 East to US-177 south (costs \$1 at toll); come around 16 miles south, US 177 turns into N Washington, new Pioneer Stadium is on your left hand side. 1224 N Husband, Stillwater, OK.

Putnam City North -

Go south on Highway 81. This turns into Northwest Expressway. Turn left (north) on Rockwell. Go down Rockwell past Britton and Hefner. The school is about ½ mile past Hefner on the right. Turn right at the stoplight in front of the school – 115th Street, the stadium is at the back of the school.

Putnam City Original –

Take Highway 81 south to Highway 3. You will enter OKC on Northwest Expressway. Turn right onto N. Meridian Avenue, go 1.3 miles and turn right onto NW 50th street to the stadium at 5300.

Lawton Ike -

This will be hosted on the stadium at Cameron University: 2800 W Gore, Lawton – Take Hwy 81 south and take the exit for El Reno about 11 miles, turn left onto Wade street, take the second right onto S Rock Island Ave, continue onto SE 27th street, turn right onto I-40 BUS E/US 81 S, and follow 81 S until you can turn left onto the I-44 W ramp to Lawton. Take exit 39A, continue onto US-281 BUS S/NW 2nd street, turn right onto W Gore Blvd;... and then just continue west on Gore until you get to 38th street and turn south. You will see the softball and baseball fields. The football stadium is hard to see because it is protected on three sides by a massive bank of grass that goes all the way to the top of the seating. But the softball park parking lot is also the stadium parking lot.

Piedmont -

Go south on US-81 S; Turn left onto OK-33 E/E Broadway Ave; Continue to follow OK-33E; Turn right onto N2940 Rd/Reeding Rd; Turn left onto Azalea NE/Waterloo Rd; Turn right onto Piedmont Rd N; Turn right onto NW 178th St/Edmond Rd NW: Piedmont High School, 1055 Edmond Rd NW, Piedmont, OK 73078

Muskogee -

Head East on Hwy 412; Take the exit onto I-244 W/OK-51 E/US-64 E toward US-75 S/Broken Arrow/Okmulgee/Okla City; Use the left lane to take exit 4B for U.S. 75 N/U.S. 64 E/OK-51 E toward Broken Arrow; Keep right at the fork to continue on OK-51 E/US-64 E, follow signs for Broken Arrow; Continue onto OK-51 E; Continue onto OK-351 (Partial toll road) Take the exit toward Chandler Rd/Hancock St; Take Chandler Rd to N Utah St; Turn left onto N 41st St E; Turn right at the 1st cross street onto Chandler Rd; Turn right onto N York St; Turn left onto Callahan St; Turn right at the 2nd cross street onto N Virginia St; Turn left onto Baugh St; Continue onto N Utah St: Indian Bowl, 402 N S St, Muskogee, OK 74403.

EHS Soccer Directions 2020 Continued...

Bartlesville -

Take Highway 412 east to exit 15, US 177 (towards Stillwater/Ponca City). Turn right onto US 177 north. 20 miles later, turn a slight right onto US 60 E. 43 miles later, turn left onto US 60/OK 99, after 5 miles turn a slight right onto US 60/Bartlesville Rd and take this for 18 miles. Take a right on US 60/OK123, then a left (0.2 miles) on US 60/W Adams Blvd. for 1.5 miles, then a right onto S Cherokee Ave. Within a mile BHS will be on your left. Games are at the stadium, except JV boys who are on the practice field – same complex. 1700 Hillcrest Dr, Bartlesville, OK 74003-5825.

Owasso -

Take 412 East to I-244 East; Exit I-244 at 169 North to 86th Street Exit; Turn left on 86th; Go to 129th Ave. Visitors sit on the East side.

Sapulpa -

Take 412 East; Take the Sapulpa Exit – Oklahoma 97; Go South to Sapulpa; Turn left (East) on Dewey Avenue to Sapulpa High School; Turn right (South) on Mission Street; Turn left (east) on Lincoln Street to stadium.