

Lady Pacers Soccer 2016

Coaching Staff...

Head Coach-Bradd Smiley

Assistant Coaches-

Lindsey Blue, Sarah Condon, Tayler Franklin

2016 Team/Program Goals

- Academic Excellence
- Fitness-Be match fit
- Always train with the idea of reaching excellence
- Be Defensively sound and produce shutouts
- Defend as a Team!!
- Capitalize on scoring opportunities
- Win OCC, Dublin Jerome, Dublin Scioto, Thomas Worthington, Worthington Kilbourne, Hilliard Darby and Hilliard Bradley
- Win Districts

Parent Expectations...

Be Positive

We want to display positive behavior that will reinforce the culture I am trying to establish and to make sure the players get the best experience playing. Please keep in mind that it is easy to get caught up in the action of the game, but try to keep your emotions under control.

Remember that all players make mistakes and that is where a lot of their learning will occur. Stay positive, cheer loud, and don't dwell on the mistakes.

Be Patient

I am asking you to be patient in your child's learning process. My style may vary from what they are used to. I coach to play the game with creativity and intelligence; I am asking the players to be focused and always thinking. It will and can be draining on the players physically, mentally and emotionally

Let Players Play and Coaches Coach.....

I ask that all parents and fans refrain from coaching on the sidelines. My goal is develop these players at a higher level. If they are being told what to do they aren't making decisions for themselves. Problem solving is an essential part of a player's maturity in the game of soccer and I want to encourage their tactical development as well as technical.

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I try to have schedules, training times, and any updates out to parents as soon as possible. There are going to be last minute changes that I have no control over, I ask you to please be patient, I will do my best to make sure all parents are informed

Player Expectations....

Team Conduct

- All school rules are team rules
- Alcohol/Drug/and Tobacco policy is strictly enforced as described in the policy
- No cell phones
- Must be on time
- Dress appropriately-school, practice, away games, and game day
- Be accountable for academics
- Be responsible
- Be patient
- Look out for one another
- Avoid cliques
- Be respectful of others and self
- Go beyond what's expected
- Communicate
- Make good choices on/off the field

Training Conduct

- Must be on time
- Be dressed appropriately- shinguards on, shirts in
- No changing shirt in public, must have undershirt
- No cell phones
- No Girl Drama
- No jewelry or watches
- One Roll rule on shorts
- Players are responsible for their own water, No Sharing!
- Foul language NOT permitted
- Warm up as team, directed by captains
- Listen when coach is talking
- Jog to and from water
- Try what is asked
- Clean up all equipment
- Clean up field-no trash left behind
- If injured:
 - Report injury to coach ASAP. Injured players must be on time, you are still part of the team. As an injured player you need to attend rehab, be positive and supportive, and be helpful to coach and teammates. Before you are allowed to practice you must be cleared by trainer.

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What you can control

- As an individual you have control over your work ethic. I do not want to coach effort and therefore expect you to push yourself and give 100%. You also have control over your attitude. Be positive with yourself and your teammates. As your coach I ask you to trust the process. I am here to help you!
- Understand my job as coach. I am here to push you and make sure that you are playing at the highest level possible. My goal is to help you grow and develop into strong, well rounded players and young women. I want to see you succeed and reach your goals.
- Recognize that you are strong in some areas and weak in others.
- Rely on your teammates to be their best where you are weak and expect to carry them in areas that you are strong.
- Make it a goal to learn to make quick decisions, problem solve, adjust to certain situations, read the game and anticipate.

Performance Principles

Training Principles

- Put Team before self
- Keep it simple
- Learn from mistakes
- Compete
- Carry one another and be willing to be carried.
- Focus
- Anticipate and make decisions
- Show your personality, not your attitude
- Exceed expectations
- Play to win
- Push yourself and teammates
- Have Fun

Game Principles

- Put team before self
- Play to win
- Always give 100%, have no regrets
- Demand excellence from yourself and teammates
- Take responsibility
- Respect EVERY opponent
- Be composed
- Adapt to adversity and the demands of the game
- Execute the game plan
- Have Fun

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Social Principles

- Be inclusive
- Avoid Cliques
- Look out for one another
- Be responsible
- Always be a teammate first
- Be a role model
- Appreciate Differences

Summer Training

We will be in the weight room 2 days a week starting the week of June 13th, we will be doing 4-6 sessions of Yoga in June. Were looking to add water aerobics in July. Captains practices will also begin the week of June 13th, I will have a full summer schedule in the weeks to come that will include actual training days.

Summer Tournaments

We will be playing in the Troy Friendlies July 9th and 10th and also the Pioneer Showcase July 23rd and 24th.

Summer Camps

We will be putting on a youth camp July 19-21. the 19th and 20th will be at Mingo Park with the 21st being in the stadium with a Friendly to follow.

Coach Bradd

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2016 Lady Pacers tentative schedule:

Aug 1st-3rd- Tryouts for team, we do both morning and evening

Aug 4th- Scrimmage at Bishop Hartley

Aug 13th- Scrimmage Home Fairbanks, Pleasant

Aug 20th-Season opens with Marysville at Home

Aug 25th- Home Westerville Central

Aug 30th Home Hilliard Darby*

Sept 1st- Home Reynoldsburg

Sept 6th- Away Dublin Scioto*

Sept 8th- Home Worthington Christian

Sept 10th- Home Mansfield

Sept 13th- Away Thomas Worthington*

Sept 17th- Away Lancaster

Sept 20th- Home Hilliard Bradley*

Sept 27th- Away Worthington Kilbourne*

Sept 29th- Away Westland

Oct 6th- Away Dublin Jerome*

Oct 8th- Away Westerville South

Oct 13th- Home(senior night) Mt. Vernon

Oct 15th- Away(kick for cure) Buckeye Valley

Oct 9th is tournament seeding based on games thru Oct 6th

Playoffs begin the week of Oct 17th