



Rosary Soccer 2019

Coaching Staff:

Head Varsity Coach: James Heidorn (heidornj@wego33.org or jamesheidorn@aol.com)

Assistant Varsity: Nicole Fleming

Schedules are found online at:

<http://il.8to18.com/rosary/activities/soccer/g>

Practice and Game Day updates: We will be using the Remind App. to communicate with the team. It is a messaging tool that allows coaches, players, and parents to share important updates and reminders by text, email, or the app. (Please see attached flyer)

Tryout Info:

- Monday 2/25 thru Saturday 3/2. See attached calendar for times.
- Will be held indoors in the Rosary Gym and at Elite Sports Performance in Oswego. Weather permitting possibly some outdoor tryouts.
- Shin guards and indoor shoes (or running shoes) are required daily.
- Physicals, A2K info, concussion and impact test forms (for 1st sport freshmen) are due ASAP.

Outdoor Practice Schedule:

- Monday-Friday 4-6pm and Saturdays 9-11am
- Please bring shin guards, indoor and outdoor clothing and gear (cleats and indoor shoes). Everyday!

Program Rules and Procedures

1. Playing time is earned.

- Coaches will select the strongest team available for each game in order to get a positive result.
- Selection is based on form, fitness, performance, effort and attitude.

2. Players are expected to be on the field ready to begin practice and games at the designated time.

- If players need taping and/or have other trainer needs, make sure this is done in advance before practice.
- The weather is unpredictable during the spring. Bring appropriate layers!

3. There are consequences for late arrivals and missed practices.

- Being late or missing practice results in loss of playing time for the next game.
- Unexcused absences means that the player will be benched for the next game.
- If you are going to miss practice for any reason, you must notify your coach ahead of time either by email or through the Remind App.
- Acceptable reasons for missing practice-sickness or absence from school, death in the family, or getting help in school.
- Please try to schedule all make-up work, extra help, and doctor's appointments **around** practice.
- If you know you will be missing practice for vacation, you have the opportunity to bank time by attending double practice sessions, staying after practice during goalie sessions, or helping coaches.

4. You must take the team bus (unless you go with the assigned parent driver) to and from all away contests. If you decide not to ride the bus home, only **your parents** can take you home. They need to sign you out. In an emergency, your parents can write you a note to go home with someone else's parents. Please give this note to your coach before the game.

5. We encourage the different levels in the program to support one another by staying to watch matches when possible. JV players are also asked to be balls girls during the Rosary Invite.

Player Expectations

1. Have a positive attitude and be a great teammate.
 - Always maintain a “team first” mindset
 - Be a person of character and lead by example
 - Maintain a confident attitude with humility-you are a representative of Rosary and our soccer program!
2. Come ready to work hard, learn, and improve every day.
3. Practice how you play-with the same intensity in practice as in games!
4. Believe in the ability of yourself and your teammates. Be a positive force in our program!
5. Be an effective communicator.
 - Learn from your mistakes
 - Be receptive to feedback
 - Ask questions
 - Share information
6. 6. Keep your grades in good standing! Ask for help when you need it!

Coaches Expectations

1. Set the standard for players, parents, and the whole program to adhere to.
2. Place the emotional and physical well being of every player ahead of any personal desire to win.
3. Act appropriately and professionally at all times.
4. Teach players how to win and lose gracefully.

Captain Expectations

1. Live the vision by modeling great habits and behavior.
2. Evaluate, teach, and build self-confidence in others.
3. Show positive energy and optimism.
4. Establish trust among your teammates.
5. Embrace feedback and give credit.
6. Have the courage to make unpopular decisions.
7. Set the example in practice as well as games.
8. Celebrate successes and show strong support during adversity.

* Captains are expected to meet with Coaches on a regular basis to discuss any issues with the team.

A guide to good leadership...

L Live the vision you have created

E Energy – be positive and optimistic

A Attitude – something over which you have personal control

D Design a great experience for those around you

E Example – set the example to others by how you do things

R Respect – all feedback and other points of view

S Self Confidence – build it in others with positive reinforcement

H Habits – establish good habits in whatever you do

I Integrity – your character is revealed by your actions

P Passion – be enthusiastic about what is important to you

Leadership is a skill! Just like kicking a ball, it is a skill that needs to be practiced and improved.