



August 18, 2017



Dear **CBNA BOYS SOCCER** Players and Families:

The boys' soccer coaches are incredibly excited to have this 2017 season underway. There are many new players, so the teams look very different from last year. We see tremendous potential because these young men are eager to improve and work hard to become some of the better-performing teams in our division. This letter is to provide some information and expectations about our season to make sure the experience is both positive and memorable for both families and players.

OUR PROGRAM'S OVERALL GOAL: Maximize the growth of players' technical and tactical potential; to build more resilient character and integrity; to infuse pride, commitment and sacrifice to the team and a lifelong passion for the game of soccer; fulfillment of the CBNA sportsmanship expectations.

OUR PROGRAM'S PHILOSOPHY: Player and team potential is maximized through game-like training at game-like intensity with high expectations in effort, focus, and selflessness; development of growth mindset is paramount by encouraging creative risk taking; success is defined by achieving the player's highest mental, physical and tactical abilities by season's end.

FOUNDATIONS FOR SUCCESS:

HEALTH & NUTRITION: None of what the players do on the field can be optimized without quality and balanced **HEALTH & NUTRITION**. We will reinforce throughout the season the importance of enough sleep and ample nutrition and hydration. Although our busy lives often makes all of these difficult, creating healthy habits and understandings now is important; it allows them to be the best players they can be, and it has important lifelong repercussions. Whatever you can do as parents/guardians to reinforce and encourage your son is greatly appreciated.

Our Athletic Trainer, Mrs. Carey, would be happy to provide a layout of specific nutritional requirements for athletes.

ACADEMICS & BEHAVIOR: We want to make sure all families are aware of the stringent but important academic and behavioral expectations we have of our players. In the short term, our focus is on soccer development. But we recognize that our players' academic success is much more critical for their long term viability. Therefore, our expectations are that our players put forth an effort and demonstrate conduct in their classes that will help them achieve that success.

It is essential that players keep up with their classwork without falling behind. It is also essential that their behavior represents our program in a positive manner.

Occasionally, and randomly, coaches will collect grade printouts. If any player receives less than a “2” in effort or conduct, they will be put onto a plan to remediate the issue as soon as possible. This may require temporary or long term suspension from playing with our teams until the student is back on track. If a player receives a Saturday School detention for effort or conduct, the player will be suspended from match play. A second Saturday School detention will result in permanent suspension from the team (unless Headmaster and Athletic Director make exceptions from extenuating circumstances).

Also behavior-wise, how a player acts publicly represents his team, coaches and school. Any inappropriate conduct, including posting derogatory or suggestive material on publicly-viewed social media platforms, is not acceptable and will not be tolerated. Players must be aware of their social media footprint.

Finally, behavior on the field, in training or in games, is something we care greatly about. Athletic competition can bring out the best and worst in all of us. We expect our players to work hard at striving to be their all around best, so we have asked them to play with integrity, sportsmanship and positivity.

SIDELINE SUPPORT: Our program recognizes the sacrifices families and players make to allow our program to thrive. Thank you in advance for all your time and your support throughout the season. We have one of the best support groups in the state (especially at away games!). From the stands or sidelines, your positive (and loud!) support of our efforts and accomplishments is the best motivator for our players. They are always willing to make that little bit of extra effort when they hear the encouragement from cheering fans.

That being said, we ask you to do your best to refrain from making negative comments towards referees because of the same demand we put on our players. Coaches are doing our best to refrain as well, but it is no doubt difficult! We adults are the models by which these players learn, and we consider the soccer field as a classroom (with a grass floor). Referees, as with all humans, make mistakes; some a lot more than others. But our players need to develop some resiliency to calls not going their way and stay focused on the game in front of them.

We also ask you to refrain from giving our players any tactical advice during matches. While it is in our parental nature to want our kids to improve and succeed, the coaches have already established strategies and focal points prior to and during the match. Hearing direction from more than one source will confuse and unfocus a player if he is already trying to implement suggestions by coaches. Encouragement, though, is huge. So be loud and motivate them!

RIDES FROM GAMES: All players will travel to away games on the bus. However, parents may take their child home if they sign him out after the game. Coaches/managers will have the sign-out sheet. If a family would prefer that their child carpools, they may write a note giving permission for their child to ride home with another parent. The note should be dated and

signed. Blanket notes for carpooling that cover an entire season ARE acceptable and logistically easier. The coaches will keep those notes for the season. Carpooling parents must sign out all players they are taking with them.

SOCIAL MEDIA: Who can keep up with all the social communication apps?? Not us, but we're going to try! We'll be on three primary sites, none of which cost any money:

The **BigTeams** app contains game schedules, postponements and scores, as well as training updates/postponements, files, and handouts pertinent to the season. This is the first place that gets updated, and you can set your phone to receive the notifications of changes or postings. There is also a photo section that parents can upload to if they get any shots of games. These are great for other players and families to look at, so please share!

We will use **Twitter** for sharing articles, quotes, game scores and other random soccer-based tidbits and videos. Following us is free if you have an account: **@CbnaBoysSoccer** .

Finally, we have a **Facebook Group** page. We have traditionally posted articles, team information, game photos, etc., but now the BigTeams app handles a lot of this. After the season, we will see if the BigTeams app covers all the elements of Facebook and then make a decision about whether to keep it going. It is a private group that families and players must ask to join. You can find us at: <https://www.facebook.com/groups/CBNABoysSoccer/>
If you have additional family members and close friends that want to join the group as well, parents should send me a list of people they'd like to have follow. Otherwise, I may not see the connection and keep them excluded. Please let those people know that the group is a place to share pictures, read articles, and celebrate the teams; it is NOT a place to express grievances or gripes. We are trying to stay positive as we do with our players.

Thank you for your patience and understanding. We are happy to clarify if you have any questions about any of this.

It is the combination of parents, players and coaches that make a season successful and fulfilling. We have every reason to believe this one can be great.

Sincerely,

Christian Gompert
Varsity Coach

Mark Struthers
JV Coach

Mike Sortier
Assistant Varsity Coach