



2018 Manchester Lady Lancers Soccer



Dear Athlete(s) and Parent(s);

Thank you for your interest in the Manchester Lady Lancers soccer program. My name is Michael Blevins, and I recently accepted the position of head coach of the women's varsity team. I am excited by this opportunity and am pleased that you have taken this first step with me.

A little about myself ... I currently hold my US Soccer "D" coaching license through VYSA. I have coached for many years and continue to coach soccer at a variety of levels. I have experience coaching girls teams as well as boys teams and a few coed teams ranging in ages from U-6 through U-19. Most recently, I have been coaching with the Richmond Kickers travel soccer program (before that with Richmond Strikers/Chesterfield travel soccer) as well as coaching the boys soccer program at Elizabeth Davis Middle School (where I currently teach 7th grade US History). My wife, Lisa, is also a Chesterfield County teacher. Together, we have three children who all have played or continue to play soccer. I look forward to the opportunity to get to know your athlete and to work with the team this season.

I am also pleased to announce that Coach Hannah Tjomsland will be joining our staff. She writes:

"My name is Hannah Tjomsland, and I have accepted the position of head coach for women's junior varsity and asst. coach women's varsity. I am truly grateful for the opportunity and can not wait to get on the field. I am a US soccer "F" license holder and nationally certified in CPR/BLS. I have played soccer for most of my life and continue to practice off the field. I have coached soccer for coed recreational teams aging from 5 to 16 years of age and coached other sports on the recreational level. I previously played soccer for my high school junior varsity and varsity team along with club soccer my freshman year of college. I currently attend Old Dominion University, taking online course for my bachelors in education. I am extremely excited for the upcoming season and can't wait to see the teams grow."

Upcoming Season Reminders:

Tryouts will begin on Monday, Feb. 19, 2018¹. Depending upon the number of participants, weather, and/or coaches' decision; tryouts will take place over the course of three to four days. The anticipated process is²:

- Monday, February 19th: 1st day - preliminary tryouts, no cuts¹;
- Tues., Feb. 20th: 2nd day - preliminary tryouts followed by first round of cuts;
- Weds., Feb. 21st: 3rd day - call back tryouts followed by final cuts³;
- Thurs., Feb. 22nd: 4th day - call back tryouts followed by final cuts⁴;
- Friday, Feb. 23rd: This is the anticipated date of the first day of regular team training, but may be used for tryouts on a case by case basis.

¹ if an athlete cannot attend the first day of tryouts, she must contact the coaches and discuss her schedule no later than February 16th (note: Feb. 19th is no longer a school holiday due to the recent snow closures).

² this schedule is subject to change due to participation, weather, and/or coaches' decisions.

³ no athlete may miss the first two days of tryouts and be considered for call backs.

⁴ if a fourth day of tryouts is deemed necessary, then there will be no final cuts following day 3.

As of Friday, January 12th, **the expected times for tryouts will be 2:15-4:15 on the practice field at MHS**. This is also subject to amendment. Thank you for your patience in this regard. If changes are made to the date/time/location for tryouts, it will be shared immediately.



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During the tryout process, athletes will be evaluated technically, physically, tactically, and psychologically. With any competition, at any level, there will be times of frustration and discouragement. I anticipate that there will be ups and downs during this season. Athletes are expected to handle these periods competitively and maturely. It will require dedication, perseverance, and pride in oneself as well as ones team. It is what I expect of every athlete that tries out for this program and for every athlete chosen to represent Manchester High School.

Every effort will be made to hold tryouts outdoor on the soccer field. However, if need be, tryouts may be held inside. It is essential that athletes arrive on time, prepared, ready to listen attentively, and to work hard. Players will be evaluated through individual activities, small sided activities, and larger sided team activities. Tryouts will be held rain or shine, in compliance of Chesterfield County weather guidelines and protocols. Athlete safety is paramount.

It is **IMPORTANT** to **REMEMBER** the **FOLLOWING**:

Prior to February 19th, athletes must have submitted ALL paperwork correctly to Mr. Cassem in order to be eligible to tryout. It is vitally important that this step be taken care of prior to Feb. 19 and that athletes do not wait until the last minute - this will only cause a delay in the tryout procedures.

The required forms may all be printed from the MHS Athletic page: <http://www.manchesterlancerathletics.org/>.

Click on the "Forms" tab. These ALL must be completed entirely and submitted to Mr. Cassem prior to tryouts:

- **VHSL physical dated May 1, 2017 or later**
http://www.manchesterlancerathletics.org/library/files/manchester_614/files/VHSL%20Physical%20and%20Parental%20Consent%20Form%20-%20Revised.pdf
- **Insurance Information form**
http://www.manchesterlancerathletics.org/library/files/manchester_614/files/Insurance%20Form.pdf
- **Concussion form**
http://www.manchesterlancerathletics.org/library/files/manchester_614/files/CDC%20Concussion%20Form.pdf
- **CCPS Sportsmanship form**
http://www.manchesterlancerathletics.org/library/files/manchester_614/files/Student%20Athlete%20Sportsmanship%20Expectation%20Form.pdf
- **HCA Medical form**
http://www.manchesterlancerathletics.org/library/files/manchester_614/files/HCA%20Form.pdf

In addition, all athletes must be prepared for tryouts with the following considerations:

- **MUST** have ensured that she has met VHSL eligibility to compete in Spring 2018 athletic sports in compliance with VHSL rules and regulations. This includes enrollment, age, academic, and behavior, etc.

<https://www.vhsl.org/about-vhsl/>

- **MUST** have turned in the player information worksheet (see attached) to Coach Blevins
- **MUST** dress appropriately for weather and athletic activity
- **MUST** wear athletic shoes (for indoor) AND **should** have cleats (for outdoor)
- **MUST** wear shin guard in order to participate
- **MUST NOT** wear jewelry (wrist, neck, and/or ears, etc.)
- **MUST** bring her own water bottle (clearly labelled)
- **Should** bring her own goalkeeper gloves (if participating for goalkeeper consideration)
- **May** bring her own size 5 soccer ball (clearly labelled)



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Athletes are responsible for making sure that these items and arrangements are taken care of in advance of arriving at tryouts. Preparedness and/or lack of preparedness will be considered when evaluating the individual players. The coaches and/or athletic directors, etc. cannot be expected to lose valuable time on the field with the team to remedy any day of and/or last minute oversights. This point cannot be emphasized enough.

It is understandable that high school athletes have multiple commitments. By trying out for this soccer program, the athletes are accepting this as an important obligation that demands time from their daily lives. Lack of attendance will be considered a lack of determination to be a cohesive part of these teams. Therefore, athletes are strongly encouraged to evaluate the amount of available time that can be committed to this lengthy season. **At this time, it is anticipated that once the final rosters are made, JV practices will be held immediately after school and varsity practices will be held from 3:30-5:00 on a daily basis. Athletes on both teams will be expected to make the appropriate transportation arrangements.**

Preseason Open Fields will be held weekly off campus at River City Sports Complex from 3:30-5:00 PM on **Mondays**, January 29th, February 5th, and February 12th. River City is located near Clover Hill HS at 13030 Genito Rd, Midlothian, VA 23112. We will be on field #5. Be sure to use the parking lot for drop off/pickup/parking, not the main driveway **AND** will be held on campus from 2:15-3:45 PM on **Wednesdays**, January 31st, February 7th, and February 14th. This schedule is subject to change based on availability, field conditions, weather, coaches' decisions, etc. These are optional sessions, open to all athletes, but provide an excellent opportunity for players wishing to tryout for the upcoming season to get valuable touches on the soccer ball before the tryout procedure begins.

If you have any questions, please do not hesitate to contact us via email at: michael_bleivins@ccpsnet.net (varsity team), hrtjomsland@gmail.com (junior varsity team), or roger_cassem@ccpsnet.net (athletic director).



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Player Information Worksheet

(Please print neatly!)

Contact Information Spring 2018:

Player's First and Last Names _____

Player's Parents/Guardians Contacts/Names _____

Best Phone Number to Use to Reach the Above Named Persons (Please include Player's / list several) _____

Best Email Address to Use to Reach the Above Named Persons (Please include Player's) _____

School Information Spring 2018: _____ Grade Level _____

Last Period Teacher's Name(s) (indicate odd/even) _____

Which teacher you would like me to contact as personal reference on your behalf? (first/last name) _____

In what other school related extracurricular activities are you CURRENTLY involved? (list all) _____

List all class in which you are earning/earned a 59% or below (F) during the First Semester (ending Feb. 2nd) _____

General Information

1. What school were you attending **at the end of last year**? _____

2. Did you play on that school's soccer team last year? **(if applicable)** _____

3. Outside of school, have you ever played previously on a soccer team? _____

4. If so, for which club have you **mostly/most** recently played? **(ex.: YMCA, Strikers, Kickers, FC Richmond, etc.)**
_____ And indicate when did you most recently play? _____

5. What position do you **most** see yourself playing? If need be, list more than one. _____

6. What do you think is your **strongest** soccer related asset/skill/ability? _____

7. What soccer related asset/skill/ability do you think **needs the most improvement**? _____

8. Why do you think you would make a good member of our MHS soccer team?

9. What is your favorite professional soccer team? (Leave blank if you do not have one) _____



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Player Tryout Information

(The back of this document is for the coaches only. Do not write on the back of this page.)

Player Name: _____	Speed	5	4	3	2	1
Grade Level: 12 11 10 9	Ball	5	4	3	2	1
Paperwork on File: Y N	Pass	5	4	3	2	1
If Yes, When Was It Received? _____	Positioning	5	4	3	2	1
If No, What Is Missing? _____	Defending	5	4	3	2	1
MHS 2017: Y N V JV	Shot	5	4	3	2	1
Position: O M D G	Other	5	4	3	2	1
Other: _____	Of Note:					
T Recommendation:						
C Recommendation:						
Of Note:						
Attendance:						
Monday, February 19th (if applicable) Y N						
Tuesday, February 20th Y N						
Wednesday, February 21st Y N						
Thursday, February 22nd (if necessary) Y N						
Friday, February 23rd (if necessary) Y N						