**Annville Cleona Girl’s High School Soccer**

 **Guidelines and Expectations**

**2021-2022**

**Annville-Cleona Athletic Department Mission Statement:**

*To create an environment focused on pride, unity, and growth where student athletes demonstrate a strong desire to reach their full potential while supporting the educational mission of the Annville-Cleona School District.*

***Team Motto: Out Work, Out Think, Out Perform***

**Coaches’ Expectations:**

Provide a positive environment in which all players will learn to improve their soccer skills, individual/team tactics, and character-building skills to become a better student, soccer player, and teammate on and off the field.

Reinforce personality qualities: cooperation, commitment, competition, leadership, discipline, hard work and healthy lifestyles.

Foster a player’s passion for the sport.

**Coaching Staff**: Jim Blouch JimLWI@aol.com

Ryan Ulrich yeti\_ryan@yahoo.com

Eric Bucher buch1913@bellsouth.net

**Player Expectations: Academics, Effort, Good Sportsmanship, Promote Team, Preparation, Respect**

**Academic**s:

Student-athletes must maintain the required academic standards to participate in high school sports. Learning to organize and discipline your self to schedule study time around practice and game time is an important life skill to learn. If you are in need of assistance, let a coach know. Maintain grades and be academically eligible for play.

**Effort:**

Give 100% effort at all practices and games.

Be on time! This means ready to play. Be at the field ready to practice by 2:45 PM. Normally practices will be from 2:45-4:30 PM every school day.

Contact a coach prior to practice or game if you will not be there.

Follow all school rules. If you miss school, you cannot practice or play that day.

Bring all necessary equipment with you.

Come ready to play for each game, pregame warm up, bench and post game conduct are all important.

Conduct a purposeful, attentive, and enthusiastic pre-game warm-up.

**Respect:**

Each girl works for the team first and foremost. By respecting ourselves, we learn to respect the opposition, the referees, our teachers, mentors and coaches.

A win should be accepted with humility and a loss with dignity and purpose. Both a win and loss can serve as a learning experience.

Be a role model to your teammates, the younger players and to AC community.

Be always respectful. “No Profanity” Use positive talk.

No alcohol, drugs, or steroids are permitted at any time.

The bench area should be cleaned after each game (home and away).

**Good Sportsmanship** is mandatory for the squad. We want to promote a positive atmosphere on and off the field and work on playing, winning, and losing as a TEAM, and earning the respect of teams, coaches, and referees in our area.

Shake hands with opposing players and officials after each game.

**Promote Team:**

Players on the bench should be attentive to the game.

Have confidence in your teammates and yourself.

Never underestimate your ability and **never** quit on your team.

Our success is a collective effort.

Team related functions and events are encouraged. We hope players, as a team will get together outside of practices and games, to promote unity and camaraderie (JV and Varsity) team dinners, breakfasts, meetings at school, team buddies, etc are encouraged.

**Preparation:**

Balance your exercise, food, and sleep schedule.

Exercise regularly and maintain a healthy diet.

Maintain healthy sleep.

Drink water throughout the day.

Utilize the pre-season and summer workout plans provided to you to develop your conditioning and prepare for the season.

Equipment needed: running shoes, cleats, shin guards, ball, water, hair bands, medication (inhaler etc.), practice shirt, and both uniforms on game days. Help carry equipment to and from the fields for each practice and game.

**Know the AC Girls Soccer Cardinal Rules:**

1. When deep in the offensive zone drop to the 12-yard line.
2. When your teammate is dribbling toward you …move laterally into a support position.
3. Never turn your back on the ball .... exception is a defensive recovery run.
4. When passing the ball back to your keeper, pass it to the corner of the 6-yard box with communication.

**Transportation:** It is the belief of the Annville Cleona Secondary School that riding to and from events is a part of the overall team experience. **This helps promote team unity and bonding during wins and losses.** There may be circumstance that a parent / guardian may need to transport a student-athlete in a personal vehicle. Athletes who will not ride district transportation home, must complete the Transportation Permission form, and turn it in to the athletic office twenty-four hours prior to the event. The form can be found at the AC website. https://www.acschools.org/Page/473

**Parent expectations**: Please, do not coach your child during games, give only positive encouragement. Be respectful at all times. Help your athlete practice good nutrition and maintain their health. If you have any questions, please feel free to ask one of the coaches after practice or email. Please wait at least 24 hours after games to contact coaches.

**Parent Volunteers**

The most under appreciated, yet most important part of any program are the parents. You are our biggest fans and the financial backers. Your help is always encouraged and definitely appreciated. The AC girls Soccer Booster Club supports the soccer program. They need assistance every season in the following areas:

• Concessions

• Coordinating team spirit wear

• Banquet

* Senior Appreciation Night
* Booster Club Officers

**2021 Booster Club Officers**

Jennifer DeProspo, Booster Club President jdeprospo42@gmail.com

 Lucianna Lim, Vice President, Lim.lucianna@gmail.com

Todd Hearsey -Treasurer hearseys4@yahoo.com

 Secretary- Vacant

Communication between players and coaches and coaches and players and teammates is essential. Good communication will eliminate questions and doubt.

COVID Protocols: The health of the team members and players from other schools is a priority. Guidelines may change based on evolving medical and health information, as well as local state or federal guidelines. **The team will follow the protocols established by the school district and league.**

Additional items may come up during the season, so we ask for your flexibility and patience. If you have questions, please contact head coach, Jim Blouch at JimLWI@aol.com

**Dates to Remember:**

Stadium Games and Concessions Kathy Blouch: Coordinator

Sept. 13

Sept. 27

Sept. 29

Sept. 27 Senior Appreciation Night

Sept. 25 Car Wash at Rita’s

Fox Meadow Gift Card Fundraiser

Thank you to Rita’s Italian Ice and Subway for sponsoring the Varsity Girls Practice Shirts.

 