



Eugene Ashley High School
Screaming Eagles
Men's High School Soccer Program
Philosophy and Expectations Handbook
2026 Fall Season





Contact Information

Varsity Head Coach: Nick Gigliotti

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Assistant Coach: Erik Graf

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JV Head Coach: TBD

Athletic Director: Steven Carter

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Majority of communication will be done via email or the SportsYou App.

Follow us on social media:

Twitter: @ash_msoccer

Instagram: @ashleymenssoccer



Vision

Enable players to play fast-paced, exciting, attractive, and effective soccer. Our program emphasizes a balance of technical, tactical, physical, and psychosocial development within every session. We promote accountability through player progression and understanding.

Core Values:

- Total player development
- Encouraging success on and off the field
- Increase players' knowledge, skill, and passion for the game
- Instill cooperation, competition, leadership, and hard work

Mission

We are committed to building a team founded on trust, excellence, and enjoyment. Our program seeks success through shared understanding of roles and a collective pursuit of goals. We strive for excellence through achievement, honor, and service—developing skilled athletes and strong individuals who positively impact their communities.

Style of Play

- System and style tailored to the current roster
- Fast-paced, exciting, and effective soccer
- Emphasis on speed of play and quick transitional organization
- Offensive focus on ball retention and quick supporting movements

Fundraisers

- **Cornhole Tournament** - Wednesday May 6th at 6:00 PM - Seawitch Cafe and Tiki Bar
- **In-Season Raffle:** Details will be shared via email
- **Give Back Nights:** Held at local restaurants
- **Summer Soccer Camp:** June 24-26



Team Gatherings and Events

- **Team Breakfast:** August 1st in the school cafeteria
- **Team Meals:** Mandatory, held throughout the season (volunteer-driven)
- **Senior Dinner:** Sunday before Senior Night (hosted by juniors) - Sunday 10/18
- **Senior Recognition Night:** Last home game of the season (Thursday 10/22)
- **End-of-Year Banquet:** For both JV and Varsity teams - TBD

Selection Process

Team selection is through tryouts evaluating skill, character, fitness, and attitude. Participation in all scheduled tryout dates is mandatory. Final decisions are made by the Head Coach with input from the Assistant Coaches.

Eligibility Requirements

- All athletes must be approved on DragonFly
- Refer to NCHSAA and New Hanover County Athletic websites to complete forms
- Students must not miss more than 13.5 days in the previous semester and pass with a 2.0 or 70% final grade average the previous semester. Fall sports uses the spring semester.

Commitment

- Season begins: **July 29, 2026**
- First scrimmage: **August 5, 2026**
- First official game: **August 12, 2026**
- First day of school: **August 24, 2026**
- Attendance required for all team events from July 31st through end of season
- Work is not considered an excused absence
- Summer workouts are encouraged, especially for varsity level players



Player Expectations

- Team membership is a privilege, not a right
- Maintain academic and behavioral standards
- Attend all practices, games, and events fully prepared
- Put the team first and communicate effectively
- Accept coaches' decisions on playing time and position
- Participate in all fundraisers
- Report injuries promptly
- Maintain fitness and pass fitness tests
- Care for all issued uniforms and equipment
 - Uniforms are due the Monday after the last game of the season. Uniforms/equipment will be returned after school.

Parent Expectations

- Support coaches, players, and officials
- Avoid sideline coaching
- Follow the 24-hour rule before contacting coaches post-game/practice
- Volunteer at home games and help with transportation
- Support fundraising efforts

General Guidelines

- Playing time is earned based on performance and coach discretion
- Coaches will not discuss playing time with parents
- Academic and disciplinary issues can affect eligibility
- All players must be fully registered on DragonFly with a valid physical
- Punctuality is essential for practices and games
- Missed practices or games may result in reduced playing time



Discipline

Discipline is handled by the coaching staff and includes school and team behavior. School suspensions result in ineligibility for games and practices during that time.

We encourage all members of the team to speak to their parents. If your child is misbehaving and it affects his game time, he needs to communicate that with his parents.

Uniforms

- Provided at the start of the season:
 - 1 maroon game short
 - 1 maroon home top
 - 1 white away top
 - 1 pair of maroon socks (home)
 - 1 pair of white socks (away)
 - 1 soccer bag
 - 1 jacket (varsity only)
 - Gameday: 2 gameday warmup shirts
 - Practice gear: 2 shirts, 1 Black SPF Hoodie

**This is planned to continue each year, It is however based on fundraising efforts, and school decisions on budget. Players will need to have practice gear for first official practice.*

- All items (except socks and practice gear) must be returned post-season
- A flyer will be given to the team items that are encouraged to be bought

**Game Day Routine:**

Games usually on Tuesdays and Thursdays. JV at 4:30 PM, Varsity at 6:00 PM

Home Games:

- JV dismissed at 3:00 PM
- Meet 1 hour before kickoff
- Setup field
- On-field warm-ups begin 45 minutes before game
- Varsity meet in bleachers at 4:35 to support JV
- Locker at 5:00 PM
- Field cleanup following game

Away Games:

- When bus is provided, JV players must ride. If the game is outside of New Hanover County, all players must ride the bus.
- Arrive at field 1 hour before game time
- Players may return home with a parent or on the bus. In county games, bus is dropoff only



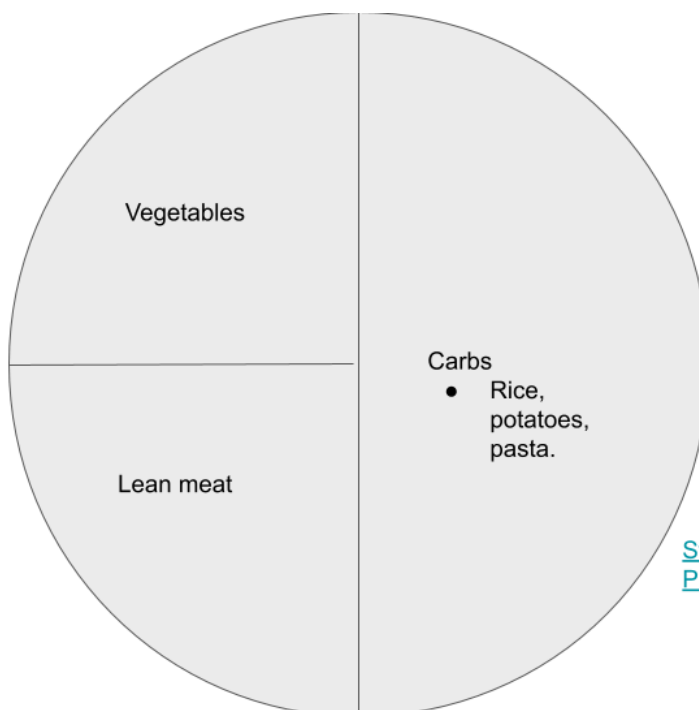
The Players Plate

Follow this link for nutrition information for the student athlete

[Click Here](#)

Pre-Game

- Gallon of water a day.
- Not as much gatorade or body armour. 2-1 ratio, 2 waters for
- Bananas, pickles, pickle juice pre game.
- Light carb snacks pre game. (fruit, rice krispies, popcorn, pretzels.



Post-Game

- High protein.
- Salt to replenish electrolytes.

[Student Athlete Meal Plan](#)