

OREGON HIGH SCHOOL

GIRLS SOCCER

2026



HANDBOOK

**“The strength of the team is each individual member.
The strength of each member is the team.”**

- Phil Jackson

A. Welcome

We are so glad you have chosen to be part of OHS Girls Soccer! This document contains information that will be useful for you to reference both during the season and in the offseason. Although not everything is covered here, this handbook gives you a good look at many important aspects of our program.

B. Philosophy

Being part of a team is a privilege, and with privilege, comes responsibility. Coaches within the Oregon Girls Soccer Program will work hard to establish a positive culture that emphasizes the team over individuals. We will do this on a year-round basis, not just during the season. At the same time, we understand the importance of individual goal setting and development if our teams are to be successful. And by team success we mean much more than winning versus losing. We also appreciate the many ways in which sports can teach valuable life lessons. As such, we value guiding principles we feel best represent the most important aspects of being a team, and being part of a team. Our core driving principles are outlined below:

- Focus on what is under your control
- Focus on the now, not yesterday or tomorrow
- You are much more than your last performance
- Turn results into a learning experience
- Success can be found in your daily agenda
- Winning is not a result, it is a process driven by character

C. Team Rules

Once again, being part of a high school sports team is a privilege, and with that privilege comes responsibility. Participants must accept the fact that *team goals come before individual goals*. As such, an atmosphere of organization, dedication, and discipline must be respected. The following basic ground rules help to establish such an atmosphere.

- Academics—Players are students first. You are expected to maintain a positive academic standing at all times and under no circumstances will be allowed to participate on the soccer field if standards in the classroom are not met. Third quarter grades will determine the extent to which girls are allowed to participate in the spring season. Maintenance of a 2.0 third quarter GPA and passing all classes allows for full participation.

- Punctuality—Players will be on time to all team functions. On practice days, you are expected to be at the field and ready to play before practice starts. Putting your shinguards on at 4:15 for a practice that starts at 4:15 is not acceptable.
- Attendance—*Players are expected to have 100% attendance at practices and other team functions.* Absences for which a player would be excused from school is considered excused for soccer as well. School and family trump soccer, and we respect situations in which commitments to those areas will prevent soccer participation. In any circumstance, absences should be communicated with coaches as early as possible for planning purposes. Absences could affect team placement and will likely impact playing time.
- Behavior—Players are expected to conform to all state, local, community, district, school and team standards. That includes showing proper respect to coaches, officials, opponents, team managers and parents.
- Clothing—All players and team managers are expected to wear clothing appropriate for a school activity on and off the field. As a rule of thumb: if it's not appropriate to be worn in the school building during school hours, it's not appropriate to wear at soccer practice, on a bus, or at a match. **Players should wear white or black tops to practices/tryouts. For games all gear should be OHS Girls Soccer apparel, not from clubs.** *Players may not change clothes at the practice field or its parking lot.*
- Transportation—Players must ride to and from events with the team. We will celebrate our wins, and reflect on our losses, TOGETHER, on the bus. Exceptions must be cleared in advance and appropriate forms submitted.
- Failure to abide by the above rules may result in dismissal from practice, competitions, or the team.

D. Tryouts (week of March 23)

MONDAY	4:15-6:30
TUESDAY	4:15-6:30
WEDNESDAY	4:15-6:30
THURSDAY	4:15-6:30 (initial rosters determined)
FRIDAY	4:15-6:00 (1st practice with assigned teams)
SPRING BREAK	Optional training times TBD
SUNDAY (April 5)	TBD

Starting Monday, April 6, regular after school practice times will begin. All teams (Varsity, JV, and JV2) will begin around 4:15 PM and finish around 6:00 PM

Note: The Varsity team may practice on Saturdays if there is not a game. If teams

below the varsity level don't have a game on Saturday, they will likely not meet, but the final say is up to the coach of those teams.

- Evaluation during tryouts will take place through small-sided games, scrimmages, skill-based drills, and fitness testing. Coaches will be evaluating a diversity of player characteristics. Soccer specific skills that will be observed include, but are not limited to, knowledge of the game, field awareness, foot skills, positioning, attacking efficiency, and defensive ability. Other general player qualities such as versatility, speed, quickness, and strength will also be considered.

When evaluating players, coaches will however consider more than just soccer ability and fitness, although those are the two primary factors. Coaches also value characteristics such as work ethic, sportsmanship, leadership, and being a good teammate. Please review our "Core O's" below for a comprehensive list of characteristics we value. Players will be fairly evaluated to the best of our ability given the timeframe we are working with. Sole discretion pertaining to selection of players will rest with the coaching staff, and the decisions of the head coach will be final. We expect parents to trust our expertise in making such evaluations. Thanks in advance.

OHS SOCCER - 4 CORE O's			
OUTPLAY	OUTWORK	OUTSMART	OUTCLASS
PASSING DRIBBLING DEFENDING FIRST TOUCH MOVEMENT FINISHING	SPEED QUICKNESS DETERMINATION MENTAL TOUGHNESS STRENGTH FITNESS	CREATIVITY DECISION MAKING FIELD AWARENESS GAME UNDERSTANDING ANTICIPATION FOCUS	TEAMMATE COMMUNITY SPORTSMANSHIP COMMUNICATION LEADERSHIP STUDENT
Skills that allow players to excel at technical components of the game	Physical and mental abilities that allow for talent to be showcased	Skills that allow players to excel at tactical components of the game	Impactful qualities that represent the student-athlete as a whole person
PASSING 12345	SPEED 12345	CREATIVITY 12345	TEAMMATE 12345
DRIBBLING 12345	QUICKNESS 12345	DECISION MAKING 12345	COMMUNITY 12345
DEFENDING 12345	DETERMINATION 12345	FIELD AWARENESS 12345	SPORTSMANSHIP 12345
FIRST TOUCH 12345	MENTAL TOUGHNESS 12345	GAME UNDERSTANDING 12345	COMMUNICATION 12345
MOVEMENT 12345	STRENGTH 12345	ANTICIPATION 12345	LEADERSHIP 12345
FINISHING 12345	FITNESS 12345	FOCUS 12345	STUDENT 12345

- Coaches will never move players down from Varsity to JV1, or JV to JV2, etc. unless numbers warrant such a move on a day to day basis or a player requests more playing time. As such, team selections at the beginning of the season are conservative and leave room for players to move up to the next level if deserving.

- As will be the case with concerns regarding playing time, the coaches are willing to meet *in person* with players regarding their placement or any other matters throughout the season. Only after the player has met with the coaching staff will the coaches consider a meeting with both player and parent.

E. Playing Time

While we as coaches aim to teach athletes many lessons that extend beyond winning and losing, we must also recognize that, by the time players reach the high school level, match results are important. In other words, we play to win. Therefore, we try to put the best possible team on the field in all matches. The result is that not all players will play in all matches on some teams. Below is a summary of our playing time guidelines by team:

Varsity - there are no guarantees of playing time for any player during any game. Coaches will (under normal circumstances) make an effort to allow every player to play in matches, though this may not always be possible. Some players on the team may not play in more than half the games during the season.

JV - outcome is still important, however, we view one of the main roles of the JV team to prepare players to play at the varsity level. We do, therefore, make a concerted effort to allow each player to play in each match. Unless benched for discipline, injury, or other similar issues, each player should expect to play some, although not necessarily equal minutes to other players, during all matches.

JV2 - although not all players should expect to play the same amount, our goal is to have each player average at least 40% of the minutes of each game they are rostered. Sometimes more, sometimes less.

The coaching staff will not be available to discuss concerns about playing time after a match. Coaches will not discuss playing time issues with parents until after the player has met with the coach and made a genuine attempt to talk through the situation. The head coach, as well as other coaches, will be happy to set an appointment with parents to discuss playing time only after a meeting with the player has not resolved concerns.

F. Lettering

The following criteria will be used to determine players eligible to receive letters:

- Only players that participate on the varsity are eligible to receive a letter.
- To be eligible to receive a letter, a player must remain a team member, in good standing, for the entire season. Players may be disqualified from lettering for failure to meet team standards of discipline, practice attendance, etc.

- Players with extraordinary circumstances that would not otherwise be eligible to receive a letter may be awarded one at the discretion of the head coach.

G. Captains & Awards

Captains for all teams will be selected the week following tryouts and/or throughout the season. This gives time for leaders to emerge in both the offseason and the first part of the season. Anyone that wishes to apply to be a captain can do so. Players may vote on captains, but the coaches have the ultimate say in who will serve as captains.

Some postseason awards are voted on by the players, but as is the case with captains, coaches will have the final say in the assignment of such awards. In our experience, the votes of the players very rarely differ from the selections of the coaches.

H. Coach Contact Information

Chris Mitchell (Varsity Head Coach)
cemitchell@oregonsd.net
608-957-3263

Eric Kersten (Keeper Coach)
eakersten@gmail.com
608-279-2348

Matt Uhlmann (Varsity Assistant Coach)
uhlmann16@yahoo.com
608-332-3737

Amanda LaDue (JV1 & Keeper Assistant Volunteer Coach)
amanda@streamlinephysio.com
507-269-1225

John Melby (JV1 Head Coach)
jdmelby@oregonsd.net
608-780-6652

Jenna Bennett (TBD)
jtbennett@oregonsd.net

Maddie Schaefer (JV2 Head Coach)
mmschaefer@oregonsd.net
608-332-6237

I. Schedules

[2026 SCHEDULES](#)

[BADGER CONFERENCE](#)

[MAX PREPS](#)

[OSD CALENDAR](#)

J. Athletic Forms

Log into the [Athletic Department Registration site](#) (if you have already created an account DO NOT create a new one...use the one you've already created regardless of when it was created - use forgot password tool or contact [Dave Jameson](#) if you cannot remember the email/password you used.) FYI, physicals are required every 2 years.

The code signature acknowledging our [Athletic Code](#) will be done at the preseason code meeting.

K. Apparel and Gear

We will provide an order form for everything that is required and optional for each of our teams. Returning players may be able to use gear from previous seasons. Shoes and shin guards are the players' responsibility and need to be NOCSAE approved. Expectation is that all apparel worn to games is OHS apparel, not that of clubs.

L. Parent Volunteers

If you are interested in offering help with the organized extras (away game food/drink, parent night, alumni game, senior night, banquet, team dinners, etc.) please let Coach Mitchell or one of the Varsity parent managers know. We are in need of parent managers for each of our teams so we can divide and conquer!

M. Athletic Boosters

<https://www.oregonboosters.com/>

Please join the Booster Club! It is an easy, inexpensive, but very impactful, way we can support extracurriculars at OHS. Our program gets a financial reward if we get a certain number of our families to join.

THANK YOU!

We would like to thank you in advance for your support of OHS Girls Soccer. We as coaches will work very hard to make the experience for the girls and all of our teams a special and memorable one. We look to instill a sense of pride in the way in which our girls and teams represent the Oregon community. We fully realize that your support is instrumental in making this happen.

At our very best, we are one big team. We are also all role models for the girls. We should not expect more from our girls than we do from ourselves. We all want what is best for the girls. We sincerely look forward to our time together this fall and the memories that will be made.

Please see to the timely completion of all required forms so that your daughters are eligible to participate at the beginning of the season. Thanks again, and let's have a great season together!

GO PANTHERS!

**“It’s not the team with the best players
that wins. It’s the players with the
best team that win!”**

- Jack Welch

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[WHAT CAN I GIVE?](#)