



# Middle School Girls Soccer 2025

## Coaches Contact Information

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## Practice Schedule

Monday, Tuesday, Thursday,

Friday: 3:30-5:15 PM

Wednesday 3:30-4:45 PM

## Clothing Orders

Coming soon

## Communication:

Teamlnkt is an app that lets the coach send mass announcements to parents/guardians with useful information about games and practices or any other updates. Please follow the instructions below so you can get important updates throughout the season! If both parents/guardians could sign up that would be great, then we know everyone is in the loop!

1. Please download the teamlnkt app
2. Create a free account
3. Join Alexgirlssoccer on TeamLinkt using join code: RZEE-48K8

<https://join.teamlinkt.com/HmNM6nda6Qnaxb6C9>

## Practice location and pick up

Practice & game locations: on map below. Pick up location: Pick up can be done at parking location located on the map below:

Fall soccer  
25, 2025



starts on August

Coaching

Philosophy:

We will teach our players through words and actions the values of respect, resilience, empathy, sportsmanship and communication. These values will benefit them long after their youth soccer days have passed. Through teaching these values players will learn how to be a positive and productive team player both on and off the field.

Our goal is to build a team culture that is both positive and supportive yet challenges one another to be better both on and off the field. We aim to support players who may be trying this sport for the first time or have been playing competitively.

Our ultimate goal is to reinforce the value of teamwork. The beauty of soccer and other team sports is learning how to work with a variety of people and how to use the collective strengths of the players to be successful.

DMS Philosophy:

For DMS activities, the emphasis is on participation. Even though we divide some of our programs into groupings based on ability, the emphasis needs to focus on participation and developing a foundation while creating a positive experience for all players.

Expectations for parent/guardians and athletes:

ABSOLUTELY NO BULLYING ALLOWED on and off the field. If there is a case of bullying please bring it to the coaches attention and there will be actions taken.

If there are any questions or concerns please contact the coaching staff as we rely on effective communication. If there are issues regarding playing positions, playing time, etc. (or issues of another matter) please refer to the issue resolution process.

Players

1. Be on time ready to practice and play, this means gear is on before starting time.
2. If you are going to be late or miss practice please contact a coach before practice

starts.

3. If you are feeling ill contact a coach. If you are feverish, fever must be broken for 24 hours before returning to practice.

### Injury Protocol

If a player is injured:

Day 1–2: No practice, assist with drills, observe; parents notified.

Day 3: Must see provider/trainer and get clearance to return. We highly recommend seeing the athletic trainer Brittany through heartland orthopedics. Her email is Baludwig@heartlandorthopedics

In addition to the above players will miss ½ or full games depending upon how many practices they miss or if they can't practice before games.

### Excused/Unexcused Absence Protocol

Excused absences consist of immediate family, illness, and school work

Unexcused absences consist of hair appointments, nail appointments, concerts, other athletic events, etc.

### Unexcused Absence/Game Play Policy

1st – Talk with parent

2nd – Miss 1st half of game + parent contact

3rd – Miss full game + parent contact

4th – Parent meeting

## MSHSL MINIMAL BEHAVIOR EXPECTATIONS FOR REGULAR AND POST-SEASON TOURNAMENT COMPETITIONS

- Respect the American flag and the National Anthem.
- Spectators must wear clothing that covers the entire torso. Those who do not comply or who wear clothing that is vulgar, obscene or that in some other way inappropriate, as determined by school/tournament personnel, will be removed from the arena/stadium if they do not cooperate with this behavior expectation.
- The use of appropriate language is expected at all times. Profanity, negative chants, booing, trash talk, name calling, personal attacks or other acts of disrespect are unacceptable and must be immediately addressed by school and/or tournament administrators.
  - Respect the game/contest. Under no condition shall anyone other than the members of the official squad enter the playing surface. No one may interfere with the contest in any way.
  - Hand-held signs, which do not obstruct the view of others, will be permitted provided they are in good taste. Signs, message boards, “white” boards or other similar items contest/tournament officials deem to be in poor taste will be removed.
- Artificial noisemakers (i.e. megaphones, cowbells, sirens, whistles, thunder sticks, and other similar items) are not allowed.

- Laser lights are strictly prohibited.

Practices will be CANCELED OR POSTPONED due to weather if:

- Competition >1 minute duration at -4°F
- All Activity at -20°F for greater than 5 minutes or at -40° Wind Chill

Thunder means there is immediate danger to athletes, officials, and spectators. The MSHSL recommends that everyone should wait at least 30 minutes after the last flash of lighting or sound of thunder before returning to the field or activity.

*\*If practice is canceled will we notify parent/guardians via Remind*

#### Team Traveling Rules:

Players are to travel with the team to and from events. However, a player may ride with a parent/guardian if they communicate with coaches. The parent/guardian MUST check in with a coach before he or she can take the player. This ensures all players are accounted for at all times.

#### Bus Rules:

1. Observe the same conduct as in the classroom.
2. Be courteous, use no profane language.
3. Keep the bus clean.
4. Cooperate and respect the driver.
5. Do not be destructive.
6. Stay in your seat.
7. Keep head, hands and feet inside the bus.
8. Bus drivers are authorized to assign seats.

In addition to the rules above players will face consequences for leaving trash/food on the bus. No phone use will be allowed on the way to or during games; after games is fine.

#### Issue Resolution Process:

- Student to coach
- Student and Parent/Guardian to Coach
- Student/Parent/Guardian/Coach to AD
- Student/Parent/Guardian/Coach/AD to Principal
- Student/Parent/Guardian/Coach/AD/Principal to Superintendent
- Student/Parent/Guardian/Coach/AD/Principal/Superintendent to School Board

*\*We ask that there be a 24 hour cooling off period before contacting the coach/advisor. Playing time/team selection/strategy can be discussed at the coach and AD level, but not beyond.*