

Coaching staff:

Head coach: Steve Person steven.person@lps53.org

Varsity Assistant/Keepers: Morgan Perkins morgan.perkins@lps53.org

J.V. Assistant: Laura Sorens Laura.sorens@lps53.org

Freshman (Gold) Chad Brinkmeyer Chad.brinkmeyer@lps53.org

C Team: (Navy) Peter Pence peter.pence@lps53.org

Women's soccer site administrator: Katy Lindsey Katy.lindsey@lps53.org

Team website:

<https://www.lneaglepride.lps53.org/page/show/7588481?subseason=858476&tab=content>

Instagram: LNEagleWsoccer

Twitter feed: [@LNEagleWSoccer](https://twitter.com/LNEagleWSoccer)

Eagle club representative: Todd and Jeanne Hinnenkamp lnaglewsoccer@gmail.com

Expectations, Policies and Procedures:

- **Equipment:** Tennis Shoes, molded cleats, (optional screw in cleats), nocsae approved shin guards (appropriate size), socks long enough to cover the shin guards.
- **Physicals:** Physicals need to be on record with LPS BEFORE athletes may participate in any scheduled official practice. They need to be dated after 2/1/22 to be valid. Please make sure your [PRIVIT account](#) is up to date and transferred from the middle school if applicable.
- **Preseason:** Fitness technical and training is a vital part of preparing for the season. We begin training 1/9. We will train 3:30-4:30 Mondays, Tuesdays and Thursdays each week until our season begins. Attendance will be taken each day. All levels may attend. It is an expectation for varsity consideration that athletes need to attend 80% of the possible sessions. That usually translates to no more than 5 absences. Participation in preseason workouts does not guarantee varsity selection or omission but it will be used as a tiebreaker between athletes when all things are equal. Athletes involved in winter sports are exempt from this expectation until their season has concluded.
- **Indoor/Futsal:** Indoor soccer teams play at KC soccer dome rosters are nearly full and we will begin collecting fees in the next week. Juniors are organizing the teams. If we have more than enough for two teams, but not enough for a third they will create a wait list according to when you signed up. If money is not collected in a timely fashion you will be bumped from the list and your spot given to the next on the waitlist. We have informal futsal open gym opportunities at Heritage MS on Sunday evenings at 6 p.m. beginning 1/8/23 and running through 2/12/23.
- **Tryouts:** Official tryouts begin 2/27/23 immediately after school. Location and time are subject to change if weather dictates. Prior program experience, player age, fitness and

technical evaluations during 6v6, indoor, futsal and preseason workouts will be used to roughly ability group players for the first day of tryouts. Players may be moved from group to group for the first week as the most recent assessment of players becomes available. Coaches will independently evaluate each player and compile notes of their impressions. At the conclusion of practice on the last day of tryouts all players will receive communication stating their team placement or their dismissal from the team. Players will only be cut if numbers grow above 80 players and will be based on a combination of age, technical skill, tactical understanding and fitness level. We have 4 teams on which to place players. The ideal number of players is about 18 and some players may be asked to float between teams in order to provide them game experience at a level that is appropriate for them.

- **Playing Time:**

Game time is an important aspect to a player's development. We try very hard to place kids in an environment that will maximize their time in a match. We would rather place players on a lower developmental level in order to serve this purpose. Your student will be given the opportunity to train at their highest level on a daily basis, while they may play their game minutes at another. Each player is allowed to make appearances in 3 halves of soccer in 24 hr. period. Each playing level has different playing time expectations as follows:

- **Navy team-** is a multi-aged team 9-11 where players may have limited experience with soccer, but are looking for a way to be part of the team, have fun and get exercise. All players are expected to play as equitably as possible.
- **Gold team-** is a 9-10 competitive team composed of players who are on track to be j.v. players within a year or two with an eye of the varsity team by the time they are in 11th or 12th grade. When placing 9th grade players our default will be to place them on the gold team unless we feel like they will be starters or heavy contributors at another level. All players will play an equitable amount.
- **J.V.-** is usually 10-11 players who are on track to contribute to the varsity team by the time they are 12th graders. As numbers allow some allowances for seniors in good standing may be offered j.v. spots if they are not ready for varsity play, but if we have an overabundance of younger players, seniors who do not qualify for varsity play may be released. It is never our intention to release kids who have given their best to the program, but in some instances that is our only option to provide younger players the same opportunity to participate as the departing senior had. All players are expected to play all games, but playing time is not distributed equitably.
- **Varsity-**The varsity is 9-12 selected to be the most competitive group possible from our pool of players. We believe strongly that if a player is ready to play at that level then it does not matter what grade they are in. Playing time is determined by individual performance and situational need. Players who may see limited time at the varsity level may be asked to float between the varsity and

j.v. team so they get the opportunity to play games and be ready when their opportunity comes.

- **Practices:** Players are expected to participate in all scheduled practices and games. **Varsity and junior varsity teams practice and play games over the spring break holiday. If you are assigned to one of those teams you are expected to be present during the holiday.** Missing games or practices without one of the following exceptions will lead to team consequences assigned by the coaching staff.

Exceptions:

1. physician directed exclusion stating they may not ATTEND (must have documentation for exclusion and return)
2. severe academic recovery (D or F pre-arranged with coaching staff)
3. family emergency (life threatening illness or death, prior notification is helpful)
4. doctor appt. (pre-arranged with coaching staff is required and will likely carry game related consequences)
5. Juniors are allowed one absence to take a college campus visit without penalty.

Times: Practice/game times, locations and directions are published on <http://liberty53.intand.com/>

Practices will begin on time and end on time. I do not intend to keep parents waiting on players beyond the published time, please have your rides on time and do not keep the staff waiting. Practices will be here at North unless otherwise notified. Heritage is our back up.

- **Transportation:** Players without their own vehicles will be transported to the appropriate location for the day's event. Parents are responsible for tracking that information so they may pick their player up at the appropriate facility.
- **Academic:** You must pass 5 of 7 courses in the first semester and all players should remain in good academic standing (C or higher) in all subject areas. There are no exceptions to this. No player will travel to or compete in a contest carrying an F in the current semester. Players with a D in a course will travel and have limited participation, but will be assigned a study partner and preferential seating on the bus will be assigned so studying may be facilitated by the coaching staff.
- **Behavioral:** Players are going to be good citizens of this school. They are expected to be outstanding representatives of this program and our school both in school, on away trips and in the public. Failure to live up to this expectation will carry a variety of

penalties ranging from additional fitness work to suspension or expulsion from the team. In each case the student handbook will be used as a minimum framework when deciding disciplinary consequences.

- **Games:** Players are required to ride to and from away games as a unit. All players will attend all games to lend support to other teams in the program. I would prefer you refrain from requesting to leave early to go home from away games unless there is an emergency. Players will call parents when we are approximately 30 min. from school so they have plenty of time to get to the school to meet our bus. Please be respectful of our coaches' families by picking your player up in a timely manner. We are **required** to stay with your player until you pick them up.
- Schedules:
 - Varsity:
https://www.gkcsconference.org/g5-bin/client.cgi?cwellOnly=1&G5statusflag=view&schoolname=&school_id=3&G5button=&G5genie=694&vw_schoolyear=1&vw_agl=13-3-21,
 - J.V.:
https://www.gkcsconference.org/g5-bin/client.cgi?cwellOnly=1&G5statusflag=view&schoolname=&school_id=3&G5button=&G5genie=694&vw_schoolyear=1&vw_agl=13-3-20,
 - Navy/Gold:
https://www.gkcsconference.org/g5-bin/client.cgi?cwellOnly=1&G5statusflag=view&schoolname=&school_id=3&G5button=13&G5genie=694&vw_schoolyear=1&vw_agl=13-3-19111,
- Pictures: Pictures will be taken by David Dice the first week of March. Please click the link to access this year's order form.
<https://drive.google.com/file/d/1rnV6BVzuotKZBJKXtRbtugVvGoBv9Bif/view?usp=sharing>
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- **Lettering Requirements:**

In order to earn a varsity letter players must appear in 50% of the possible varsity halves. Appearance means to enter the match for any duration of time.

Players must reach the end of the season in good standing with the program.

A provisional letter is awarded to any player who does not achieve the required number of appearances or who are invited to be part of the postseason roster. This provisional letter will count towards a second letter if the player letters in the subsequent year.

- **Communication:**

PLAYERS are expected to be their own advocates. They are the appropriate party to inquire concerning team related matters such as discipline, playing time, progress.

COACHES are responsible for communicating team and individual expectations and progress to players. Additionally, they will communicate with parents concerning vital information, results, scheduling, logistics and discipline.

PARENTS are expected to be positive supporters of their athlete's program. They are required to be good role models in the stands.

If the player does not feel like the coaching staff is responsive to their inquiries parents may be present for meetings, but under no circumstances will difficult matters be discussed without the player present, nor will they be discussed at practice, before or following a match. If a parent wishes to help their player discuss difficult topics those matters require a scheduled appointment.

If matters are still not resolved an appointment with the building administration may be scheduled with parents, player and coach present.

- **Multiple sports in the same season:** Spring high school sports is a daily time consuming activity and a considerable commitment. Spring seasons are short and exhaustion levels are high. Most weeks have us playing at least 2 matches practicing the rest of the week. Evidence shows that when the body and mind are under significant daily stress the likelihood of injury significantly increases and academic tasks become exponentially harder. Our schedule is a physical and mental grind and adding a second spring activity is ill-advised. In addition to the physical toll it takes on athletes, we have found that our schedule is incompatible with other spring sports and make the logistics of a multi-sport athlete within the same season problematic for both sports. Because of these realities LNHS soccer does not allow players to participate in both track and soccer during the same season. Athletes are asked to take an appraisal of their interests and fully immerse themselves in the activity where their passions lie.

- **Soccer Philosophical Framework:**

Practice should be meaningful, economical, engaging, challenging and fun.

The game teaches better than "drills". The coach's job is to structure sessions in such a way as to extract the day's goal.

Play hard, have fun, score goals



[Link to this document](#)