



KASSON-MANTORVILLE HIGH SCHOOL

BOYS SOCCER

HANDBOOK

2010



Welcome to
Soccer 2010.

looking forward to a great year of fun, excitement and athletic endeavor. We hope you will learn through the four pillars of the sport.

Komet Boys
We are

1. **Physical** - We want you to challenge yourself to get into the best physical condition you can achieve. We will give you ample opportunities that maximize your results.
2. **Tactical** - We will train you in the highest level of tactics the team is capable of handling. We will help you get thoroughly confident in our tactics so you can execute them on the field of play without having to think about it.
3. **Technical** - Portions of every practice will be spent on improving individual techniques. Players will also be encouraged to practice at home to further increase their technical advancement.
4. **Psychological** - Time will be spent on improving every player's mental approach to the game, to teammates, to practice, to school and to family.

Our theme for 2010: WORK HARD, PLAY HARD, TRY HARD, DO WELL.

Team captains this year are Alex Ek (635-3601), Trevor Stromme (279-7127), and Michael Ramirez (271-8651). An assistant captain will be named at a later time.

Team Formation

The Varsity team will consist of 15-18 players. The roster will be predominantly juniors and seniors, however, sophomore and freshman who are capable of playing a key role on Varsity will be brought up without hesitation.

Players not making the Varsity roster will be used to fill out the Junior Varsity and Junior High rosters. Those teams will play a full slate of games generally against the same teams and sites the Varsity plays at. We usually carry 40-45 players on the JV/Junior High teams combined.

Team schemes and strategies will be determined after the team is formed.

All varsity positions are open to challenge from bench players to lower team players. Every year we move players from Junior High to Junior Varsity and from JV to Varsity if they deserve so. In our system, hard work, effort, and attitude pay off.

Absences and Late Starts

Out of respect for our fellow players and coaches we ask that you be on time or early for all practices and games. If you will miss practice, please call me so I can replace your spot with a JV player.

Violation:

Late for practice or game
Miss practice - excused
Miss practice - unexcused

Penalty:

Won't start or be introduced as a starter
Won't start or be introduced as a starter
Sit out next game

Players are expected to be in school to practice or compete in games. Doctor appointments, must be called in 24 hours prior to the practice/game in order to be eligible to compete unless it's an emergency. Students arriving to school after 8:30 am, will be declared ineligible to compete for that day.

KM2MR

The Komet two-mile run for Varsity players must be completed in under 18 minutes. Bring tennis or running shoes to every practice.

Letters

Any player who plays in 9 Varsity games is eligible to letter.

Changing Into Uniforms

Players must dress in either the boy's locker room in the school or on the bus. Absolutely no players can change on the field either before practice or games. Players who change on the field will not be allowed to play in the next game.

Uniforms

Uniforms are provided. You must also supply NOCSAE approved shin guards and spikes. For Varsity Players, SG spikes work well for our night games, however, you may need turf shoes for 2011.

Players are expected to care for their equipment, including uniforms, and turn in at the designated time of equipment turn in otherwise they will be charged for the damage or replacement costs. In addition, players will not be allowed to participate in future activities unless their obligations are taken care of.

Miscellaneous

Bring your own water bottle! *And don't share it with others.*

Try not to eat within 3 hours of competition.

Bring bug spray! It gets bad at night.

The season starts out hot and ends up very cold, dress accordingly!

Any underclothing should be white when we are at home or black when we are away.

Players wanting to ride home with their parents can do so granted their parents have provided both the coach and AD an e-mail indicating this prior to end of the school day. For weekend games, it must be sent in on Friday. Players can only ride home with parents only. All transportation to and from events will be provided by the school unless indicated otherwise by school administrators.

Team Strategy

The day before a game we will put together a game plan. We need your attention during this time and you will be expected to execute the plan during the game. Twenty minutes prior to warm-up, all players must be dressed and ready. At this time, we have a pre-game analysis. At the half time we will make adjustments to the plan and again we need your complete attention and understanding to execute the plan. After the game, you should make a cool-down jog/lap and pick up the flags at home games. All equipment must be returned to the shed before anyone leaves. **I reserve the right to change any aspect of these guidelines depending on conditions, injuries and talent levels.**

Please contact any of the coaches with questions you may have.

Dave Bahr 288-5957(h) 254-6858(c) dbahr@hillercarpet.com
Mike Prendergast 261-4467 mpredergast01@gmail.com

Important Dates

Pre-Season Camp - July 26, 27, & 28 from 9 a.m. - 11 a.m. Practice Fields, north of the High School. Call to reserve a spot 288-5957. No Charge.

Scrimmage/Training throughout Summer - June 14, 21, 28, July 12, 19 from 9 a.m. - 11 a.m. Mondays at North Fields.

The summer scrimmages and camp are optional and participation is voluntary. Attendance will not be taken and participation or lack thereof will have no effect on what team you will be placed on during the High School Season.

Registration - August 10 at 6 p.m. Followed by a parent/player/coach meeting. *This is a mandatory meeting. Contact me immediately if you will not be able to attend.* When you register you will get a “blue card”. You must have a blue card to practice. Register on time! If you will be gone during registration, contact the Athletic Office to pre-register.

News

NOCSAE certified shin guards are mandatory. If you need new shin guards be sure they have the NOCSAE stamp.

If you are not on our mailing list, please send me a note with your current e-mail address for updates and news over the summer at dbahr@hillercarpet.com.

VARSIITY/JV TRAINING SCHEDULE

Monday	August 16	*8:00 - 11:00 a.m.	Orientation, Defending, 2 mi
		5:00 - 7:00 p.m.	Advanced Defending
Tuesday	August 17	8:00 - 10:00 a.m.	Team Defending
		5:00 - 7:00 p.m.	Attacking
Wednesday	August 18	8:00 - 10:00 a.m.	Team Attack
		5:00 - 7:00 p.m.	Dead Ball Situation
Thursday	August 19	8:00 - 10:00 a.m.	TBD
		5:00 - 6:30 p.m.	Build-up using GK
Friday	August 20	8:00 - 11:00 a.m.	Player Interviews, Final
Team		4:00 - 5:30 p.m.	TBD
Saturday	August 21	10:30 - Noon	Alumni Game/Picnic
			JV/Varsity/JH
Monday	August 23	8:00 - 10:00 a.m.	TBD
		5:00 - 7:00 p.m.	TBD
Tuesday	August 24	8:00 - 10:00 a.m.	TBD
		5:00 - 7:00 p.m.	TBD - Possible Scrimmage
Wednesday	August 25	5:00 - 7:00 p.m.	TBD
Thursday	August 26	One session / day to be determined	

***Varsity players must complete 2 mile run in less than 18 minutes.**

JUNIOR HIGH SCHEDULE

Monday	August 16	8:00 - 10:30 a.m. 5:00 - 6:30 p.m.
Tuesday	August 17	8:00 - 9:30 a.m. 5:00 - 6:30 p.m.
Wednesday	August 18	8:00 - 9:30 a.m. 5:00 - 6:30 p.m.
Thursday	August 19	8:00 - 9:30 a.m. 5:00 - 6:30 p.m.
Friday	August 20	8:00 - 9:30 a.m. OFF
Monday	August 23	5:00 - 6:30 p.m.
Tuesday	August 24	5:00 - 6:30 p.m.
Wednesday	August 25	5:00 - 6:30 p.m.
Thursday	August 26	5:00 - 6:30 p.m.
Friday	August 27	5:00 - 6:30 p.m.

**Morning sessions will be technical training. Afternoon sessions will be scrimmage/small sided games.*

COLLEGE BOUND

Those players interested in playing in college please provide me with a neat single sheet of paper with the following information:

1. Name
2. Address
3. Home phone
4. E-mail address
5. Parent's names
6. Position (use numbers)
7. Height (optional)
8. Weight (optional)
9. Academic Interest
10. High School GPA
11. ACT or SAT score

I will forward the information on to prospective schools. Leave blank any space you can't or don't want to fill in.