

Girls Soccer Spring 2016

Legacy High School



2016 Legacy Girls Soccer Coaches

Head Coach

- Tom Marcis

Varsity Assistant

- Ryan Okerson

Varsity Reserve Coach

- Jessica Gendreau

JV2 Vegas Gold Coach

- Quin Glaser

JV2 Black Coach

- Destiny Glaser



Team Values

- Respect
- Sportsmanship
- Commitment



Legacy Teams for 2016

Varsity

- Play all WDA teams twice
- Play 1 East/West crossover games
- Top 4 teams in conference play go to state tournament
- Several girls who play in the Varsity Reserve game will dress for the Varsity games

Varsity Reserve

- Play all WDA teams twice
- Will have a year end tournament

JV2 Black & Gold Teams

- Schedule to be set and placed on rschool
- Will have a year end tournament



Style of Play

- Will use the traditional 4-4-2
- Varsity will also use the 4-2-3-1
- Emphasis on Defensive shape
- Emphasis on Ball Control



Completed Before first Practice

[http://www.bismarckschools.org/
activities/athletics/sports-
medicine/](http://www.bismarckschools.org/activities/athletics/sports-medicine/)



Completed Before first Practice

- Physical form turned into the office
- View "know the risks" video & sign form (parents & athlete)
- View concussion video & sign form (parents & athlete)
- View the anti-Bulling video (athlete) (coach will show)
- Pay sports fee to the office (\$50)



Completed Before first Game

- 9th grader athletes will have to complete a baseline testing for concussions before they will be able to play in their first game (April 4 after school)
- Any 10th grader new to the BPS system will also need to do baseline testing for concussions before they will be able to play in their first game (April 4 after school)
- All 11th graders who have played a sport this year will need to take a new baseline testing (April 4 after school)
- All testing will be at the Legacy
- Everyone will need their Chromebook



Important Information

- BPS Bulling Policy (on website)
- BPS Hazing Policy (on website)
- BPS Discrimination and Harassment Policy (on website)



Important Information

- First week of practice players will be practice according to grade
- Come prepared to practice indoors & outdoors @ Legacy
- First week will be used to evaluate players for team placement
- Coaches will meet with each player to talk about team placement and expectations
- Mandatory 9 practices before first players may play in game



Player's Responsibilities

- Attend practice regularly.
- Be ready to begin practice on time (dressed and ready to begin)
- Contact coach before practice if practice time will be missed may be by text, email or voicemail.
(this includes concerts, other sports practices or illness)
- Come properly attired to each practice. Must wear soccer shorts.



Player's Responsibilities

- Shin guards, socks, shoes, shirt & shorts
- NOCSAE-approved shinguards are required



Player's Responsibilities

- Bring water bottle to every practice and game.
- Be at the field at least 45 minutes before Varsity/Varsity Reserve game time. 45 minutes before JV2 game time.
- Dress for the weather. No zippers or buttons on sweatpants. Hoods tucked inside of jersey during games. No jewelry of any kind.



Player's Responsibilities

- Wear proper game uniform to each game.
- Bring second uniform to each game.
- Varsity/Varsity Reserve purchase both white & black socks, JV2 black socks only.
- When it is cold weather they may wear under armor type clothing, long sleeves shirts, sliding shorts etc. Must match the rest of the team and will need to be black.



Player's Responsibilities

- All players will participate in community service.
- Coaches will work with the players to set up these opportunities.



Coach's Responsibilities

- Set regular practice times & make sure that it is posted on the Legacy Soccer Girls website
- Set a game schedule which will be posted on rschool (parents should sign up for notifications)
- Support each athlete in their development as a player.
- Meet with each athlete to discuss team placement



Parent's Responsibilities

- Support their daughter both on and off the field.
- Make sure your daughter is at practice on time.
- Pick up your daughter promptly at the end of each practice.



Process for Addressing Concerns

- All concerns should first be addressed by the player with the coach
- If the parent needs to address a concern their daughter must be present
- Playing time is the coaches decision and is based on player performance in practice, it may not be discussed with the coach by the parent alone.



Process for Addressing Concerns

- A parent must wait until the day after a game to discuss any matter with the coach.
(24 hour rule)
- Parents may not be on the sideline with team at any time during the game.
- Please review the Legacy Parent/Coach Contact Policy found on the team website.



Team Pictures

- Platinum Photography will be taking the team pictures
- The picture date is April 5 @ 6:00 pm @ Legacy
- Forms are posted on the web site.



Golden Spikes Award

- The Golden Spikes are awarded to the player of the match
- The player is selected for their play on the field and their impact on the game
- Golden Spikes winners be selected from very team
- This years winners will receive a special award t-shirt



Team Communication

The Legacy Girls Soccer Website

- Practice Schedules
- Game Schedules rschool
- Tournaments schedules rschool

<http://lhssabersoccer.net/girls/>

<https://twitter.com/LHSsabers>

www.facebook.com/lhssabersgirlssoccer

Twitter

- Fastest and most up to the moment information
- Legacy Girls Soccer has a twitter account and a Facebook page



Eating habits

Top Nutrition Tips for Athletes

- 1. Load Up on Carbohydrates
- 2. Consume Enough -- Protein -- but Not Too Much
- 3. Go Easy on Fat
- 4. Drink Fluids Early and Often
- 5. Replenish Lost Electrolytes



Practice Times & Fields

- First Day of Practice March 28
- Must have 9 practices before playing in first game
- Due to gym and field availability practice times will vary
- Mon, Tue, Wed, Thu & Fri (some Saturdays)
- First Varsity/Varsity Reserve games April 8
- East/West crossover April 29 @ Fargo
- Once teams are set practice times and locations will be posted on the website



Game Fields

- The BPS field at Legacy
- The Community BOWL. Park in the North Parking lot. There will be an entrance fee to any games played at the main BOWL field or the west Bavendick field.
- Shiloh Field off of 19th street. There will be an entrance fee
- Cottonwood Park
- Enter by the third parking lot entrance



Extra Legacy Soccer Gear



All orders will be made online

<https://legacygirlssoccer.itemorder.com/sale>

Orders due by March 14 (midnight)

Legacy Soccer Boosters

- President - Zanthia Price
- Vice President - Kevin Hagen
- Treasurer - Tanja Guthmiller
- Secretary - Sandra Domagala
- Junior Rep - DeAnn Hilz
- Sophomore Rep - Trisha Eckroth
- Freshman Rep - Vacant

