

# Legacy Boys' Soccer Program 2025

## Team Values

- **"Play Hard, Play Smart and Play Together"**.
- **Hard** means with effort, determination and courage.
- **Smart** means with proper execution and poise,
- **Together** means unselfishly, trusting your teammates and doing everything possible not to let them down.

## Player Tryouts

1. Evaluate players for team placement.
2. 9 Practices before first game.

## Completed Before first Game

- Complete the online registration for your student
- Upload physical (before first practice)
- Concussion Baseline testing (all 9<sup>th</sup> & 11<sup>th</sup> grade players)
- \$50 school fee paid online

## Player's Responsibilities

1. Attend practice regularly.
2. Be ready to begin practice on time (dressed and ready to begin)
3. Contact coach before practice if practice time will be missed. (this includes concerts, other sports practices or illness)
4. Come properly attired to each practice.  
(Shin guards, socks, shoes, shirt & shorts)  
**NOCSAE-approved** shinguards are required
5. Bring water bottle to every practice and game.
6. Be at the field at least 1 hour before game time.
7. Dress for the weather. No zippers or buttons on sweatpants. Hoods tucked inside of jersey during games. No jewelry of any kind.
8. Varsity/JV1 Solid Black socks & solid white socks are needed for games.
9. JV2 solid black socks needed for games
10. When it is cold weather long sleeves being worn under the jerseys are to match the jersey and be white or black

## Coach's Responsibilities

1. Set regular practice times (posted each week for all teams)
2. Set a game schedule & have it posted on rschool
3. Support athletes in their development as a player.

## Parent's Responsibilities

1. Support their son both on and off the field.
2. Make sure your son is at practice on time.
3. Pick up son promptly at the end of each practice.
4. Concerns should be addressed with the Coach and their son present.

## **Player eligibility**

Player eligibility will be based off of performance in the classroom. Eligibility will be run every two weeks.

## **Communication**

Game schedule will be posted to "rschool"

Legacy Boys Soccer Website

<http://lhssabersoccer.net/boys>

Legacy Soccer Twitter Account

<https://twitter.com/LHSsabers>

Legacy Boys Soccer Facebook Account

<https://www.facebook.com/pages/Legacy-Sabers-Boys-Soccer/>

Legacy Instagram Account

@legacysabersoccer

SportsYou see last page for information on joining

## **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

## **Coaching List :**

### **Head Coach**

Tom Marcis (W) 223-8386 (C) 220-8437 [tmarcisjr@gmail.com](mailto:tmarcisjr@gmail.com)

### **Varsity Assistant Coach**

Ryan Okerson (C) 527-4908

### **Varsity Reserve Coach**

Logan Reuschlein (C) 805-6285 [logan.reusc06@gmail.com](mailto:logan.reusc06@gmail.com)

### **Keeper Coach**

Grant Heidrich (C) 595-3161 [grant\\_heidrich@bismarckschools.org](mailto:grant_heidrich@bismarckschools.org)

### **Legacy Boys JV2 Vegas Gold Coach**

Matt Jankowski (C) (716)310-4838 [matt\\_jankowski@bismarckschools.org](mailto:matt_jankowski@bismarckschools.org)

## **First Games:**

First Varsity games August 15th vs Williston at Williston High School

First Varsity Reserve game August 15th vs Williston at Williston High School

First JV2 game not yet set

## **Game Fields:**

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.

Sanford Sports Complex (SSC at Legacy) - there will be an entrance fee to any games played

Cottonwood Park (No fee)

Enter by the third parking lot entrance

## Updates

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### Player Information Form

*Posted: 6/30/25 (Mon)*

Please Fillout contact form

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### Pictures for all 2024 & 2023 Legacy Soccer

#### teams

*Posted: 8/23/23 (Wed)*

Check out all the pictures

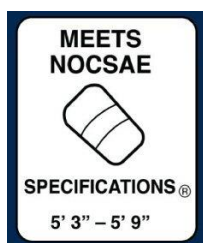
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### Signup for SportsYou

*Posted: 7/20/23 (Thu)*

Legacy Boys soccer information board

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## Game Fields:

Platinum Photography will be taking the team pictures on August 11th @ 5pm @ Legacy

## Fan Gear:

Link to order fan gear from.

<https://legacyboysoccer2025.itemorder.com/shop/home/>

**sportsYou**



You've been invited to join

**Legacy**

Use your **unique access code** below and follow the instructions.

### Access Code

# EU6Q-QU7U

#### Join via Website

##### New Users

1. From your computer, phone, or tablet, visit **sportsyou.com**
2. Click **Get Started** and enter your email
3. Go to your email and click **Confirm Your Email**
4. Click **Enter Access Code** to enter code, then finish setting up your account

##### Existing Users

1. From your computer, phone, or tablet, go to **sportsyou.com** and log in
2. In left column, click **Join Team/Group**.
3. Click **Enter Access Code** to enter code, then **Join Team** or **Join Group**

#### Join via App

##### New Users

1. On mobile device download **sportsYou app** from the **App Store** (iOS) or **Google Play Store** (Android)
2. Open the sportsYou app and tap **Create Account**
3. Tap **Enter Access Code** to enter code, then finish set up

##### Existing Users

1. On mobile device log in
2. In bottom tray, tap **Teams/Groups**
3. Tap **blue +** button, then tap **Join Team/Group**
4. Enter access code and click **Join**



visit us at **www.sportsyou.com**  
or in the app stores

