

Legacy Boys' Soccer Program 2026

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.

Bismarck/Mandan Soccer Referee Association

Jared Thune

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 9th & 11th 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.

Matt Oestreich, LAT, ATC Lead Athletic Trainer

Communication

Game schedule will be posted to "rschool"
New look on the Legacy website

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

Varsity Assistant Coach

Ben Cleary (C) 425-7324 bencleary111@gmail.com

Varsity Reserve Coach

Logan Reuschlein (C) 805-6285 logan.reusc06@gmail.com

Legacy Boys JV2 Black Coach

Matt Jankowski (C) (716)310-4838 matt_jankowski@bismarckschools.org

First Games:

First Varsity games August 14th vs Williston at Williston High School

First Varsity Reserve game August 14th vs Williston at Williston High School

First JV2 game not yet set

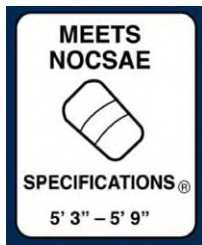
Game Fields:

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



Game Fields:

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

Fan Gear:

Link to order fan gear sites.

<https://lhs-sabers-soccer-2026.itemorder.com/shop/home/>

<https://docs.google.com/forms/d/1s5uHP->

[IELMaTKD6WaiCJQPPlwSflqnf6wRofSvuFPkM/viewform?edit_requested=true](https://docs.google.com/forms/d/1s5uHP-IELMaTKD6WaiCJQPPlwSflqnf6wRofSvuFPkM/viewform?edit_requested=true)



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



Preseason Camp

July 27, 28 & 29 5:00-6:30pm
Sanford Sports Complex

Raffle Ticket Blast

Raffle tickets are our biggest money maker of the year and supports all of our Players.

Saturday August 8th at 11:00am following practice.

All players participate. Younger players will be matched with older players.

Pizza will be provided at the end of the blast

Power Hour Fundraiser

Two events for the players

August 5th at 4:30 pm (20 mins) – go over details of the fundraiser, download Scoreboard App, informational sheet will go home with the players

August 12th from 6:00 – 7:00 pm – live event, texts and calls will go out asking for donations, food will be provided by the boosters

Fundraiser will continue for 10 days after live event. Scoreboard app pushes out texts during this time. Cash prizes are given to the players throughout the fundraiser. Legacy Girls team raised around \$19,000 the first time they did this fundraiser.