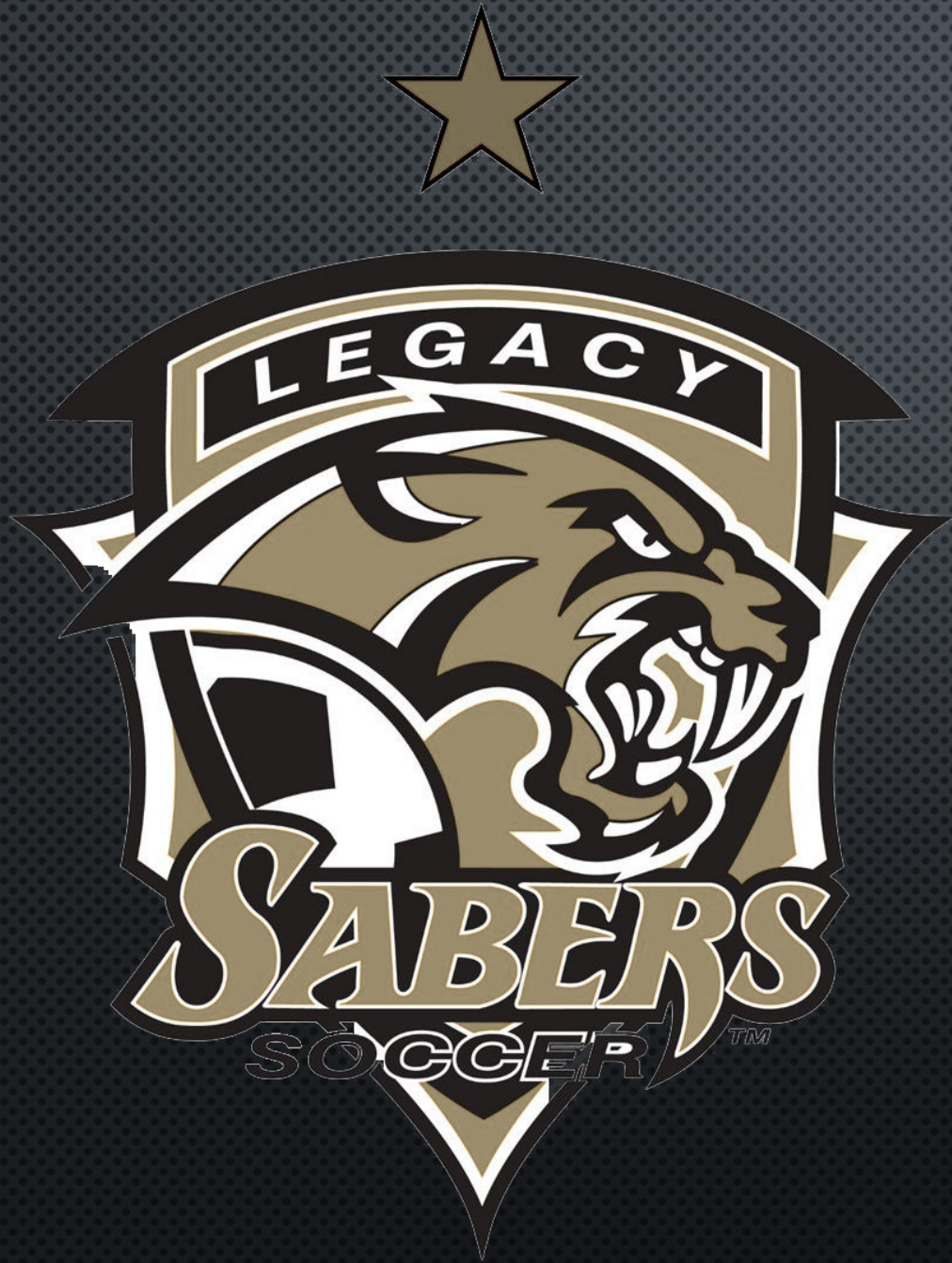




LEGACY HIGH SCHOOL

BOYS SOCCER FALL 2026

2026 LEGACY BOYS SOCCER COACHING STAFF

Head Coach

TOM MARCIS

Assistant Coach

BEN CLEARY

Reserve Coach

LOGAN REUSCHLEIN

JV2 Black Coach

MATT JANKOWSKI



LEGACY 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 REFEREES ASSOCIATION



JARED THUNE

LEGACY TEAMS FOR 2026

● Varsity

- PLAY ALL WDA TEAMS TWICE
(9 TEAM CONFERENCE)
- TOP 4 WDA TEAMS GO TO STATE TOURNAMENT
- SEVERAL BOYS WHO PLAY IN THE VARSITY RESERVE GAME WILL DRESS FOR THE VARSITY GAMES

● Varsity Reserve

- PLAY ALL WDA TEAMS TWICE
- WATFORD CITY

● JV2 Black

- Schedule to be set
Normally games on Monday & Friday



STYLE OF PLAY

- VARSITY & VARSITY RESERVE USE THE 4-2-3-1 & 4-3-3
- JV2 WILL PLAY 4-4-2
- EMPHASIS ON DEFENSIVE SHAPE
- EMPHASIS ON BALL CONTROL



4-2-3-1 FORMATION



4-3-3 FORMATION



4-4-2 FORMATION

4-4-2 DIAMOND MIDFIELD



COMPLETED BEFORE FIRST PRACTICE

Physicals – physical form A MUST be completed prior to the first practice. Athletes should go to the doctor as they normally do to get their physical. Upload the form to Arbiter



COMPLETED BEFORE FIRST PRACTICE

Upload the physical form into Arbitor. Physical may be scanned or by snapping a picture of it and uploading.



COMPLETED BEFORE FIRST PRACTICE

FORMS –AS PARENTS REGISTER THEIR STUDENT ATHLETE WITHIN THE SYSTEM YOU WILL GO THROUGH EACH OF THE FORMS (CODE OF CONDUCT, CONCUSSION, AND SANFORD HEALTH FORM) AND FILL IN THE NECESSARY INFORMATION ONLINE.



COMPLETED AS SOON AS THE
SYSTEM IS AVAILABLE

FEES –\$50 ACTIVITY FEE PAID ONLINE USING
MYPAYMENTSPLUS



MATT OESTREICH, LAT, ATC

LEAD ATHLETIC TRAINER



COMPLETED BEFORE FIRST GAME

- CONCUSSION BASELINE TESTING NEEDS TO BE DONE FOR ALL NEW ATHLETES AT LEGACY AND ALL PARTICIPANTS IN GRADES 9 & 11 FOR ALL SPORTS BEFORE THE DATE OF YOUR FIRST COMPETITION STUDENT-ATHLETES CANNOT PARTICIPATE IN COMPETITION WITHOUT A BASELINE TEST
- STUDENT-ATHLETES WILL NEED TO BRING THEIR SMARTPHONE OR TABLET TO TESTING WITH THE **SWAY APP ALREADY DOWNLOADED.**



COMPLETED BEFORE FIRST GAME

- TESTING CANNOT BE COMPLETED USING A LAPTOP/CHROMEBOOK
- ALL TESTING WILL BE AT LEGACY MATT OESTREICH IS THE NEW HEAD TRAINER AT LEGACY.
- TESTING WILL BE AUGUST 4TH AT 4:30PM
- [HTTPS://WWW.SWAYMEDICAL.COM/](https://www.swaymedical.com/)



IMPORTANT INFORMATION

- BPS BULLING POLICY (ON WEBSITE)
- BPS HAZING POLICY (ON WEBSITE)
- BPS DISCRIMINATION AND HARASSMENT POLICY (ON WEBSITE)



IMPORTANT INFORMATION

- PRESEASON CAMP
- JULY 27, 28 & 29 5:00-6:30PM
- SANFORD SPORTS COMPLEX



IMPORTANT INFORMATION

- FIRST WEEK WILL BE USED TO EVALUATE PLAYERS FOR TEAM PLACEMENT
- COACHES WILL LET PLAYERS KNOW TEAM PLACEMENT AND EXPECTATIONS
- MANDATORY 9 PRACTICES BEFORE A PLAYER MAY PLAY IN A GAME.
- FOR A VARSITY LETTER AN ATHLETE MUST PARTICIPATE IN A VARSITY 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.



PLAYER'S RESPONSIBILITIES

- SHIN GUARDS, SOCKS, SHOES, SHIRT & SHORTS
- NOCSAE-APPROVED SHINGUARDS ARE REQUIRED



PLAYER'S RESPONSIBILITIES

- BRING WATER PERSONAL BOTTLE TO EVERY PRACTICE AND GAME.
- BE AT THE FIELD AT LEAST 1 HOUR BEFORE VARSITY, VARSITY RESERVE & 45 MINS BEFORE JV2 GAME TIMES.
- 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. HOME IS DARK UNIFORMS, AWAY IS WHITE
- 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 TEAM, BLACK (HOME) WHITE (AWAY)



PLAYER'S RESPONSIBILITIES

- ALL PLAYERS WILL PARTICIPATE IN COMMUNITY SERVICE.
- INFORMATION ON OUR PLANNED COMMUNITY SERVICE WILL BE ON THE WEBSITE.



COACH'S RESPONSIBILITIES

- SET REGULAR PRACTICE TIMES & MAKE SURE THAT IT IS POSTED ON THE LEGACY SOCCER BOYS WEBSITE
- SET A GAME SCHEDULE & MAKE SURE THAT IT IS POSTED ON RSCHOOL
- SUPPORT EACH ATHLETE IN THEIR DEVELOPMENT AS A PLAYER.
- TALK WITH ATHLETE TO DISCUSS TEAM PLACEMENT



PARENT'S RESPONSIBILITIES



- SUPPORT THEIR SON BOTH ON AND OFF THE FIELD.
- MAKE SURE YOUR SON IS AT PRACTICE ON TIME.
- PICK UP YOUR SON PROMPTLY AT THE END OF EACH PRACTICE.
- GO TO LEGACY BOYS SOCCER WEBSITE AND FILL OUT THE CONTACT INFORMATION FORM.

Updates

Player Information Form

Posted: 6/30/25 (Mon)

Please Fillout contact form

Pictures for all 2024 & 2023 Legacy Soccer teams

Posted: 8/23/23 (Wed)

Check out all the pictures

Signup for SportsYou

Posted: 7/20/23 (Thu)

Legacy Boys soccer information board

SIGNUP FOR SPORTSYOU FOR COMMUNICATION

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**

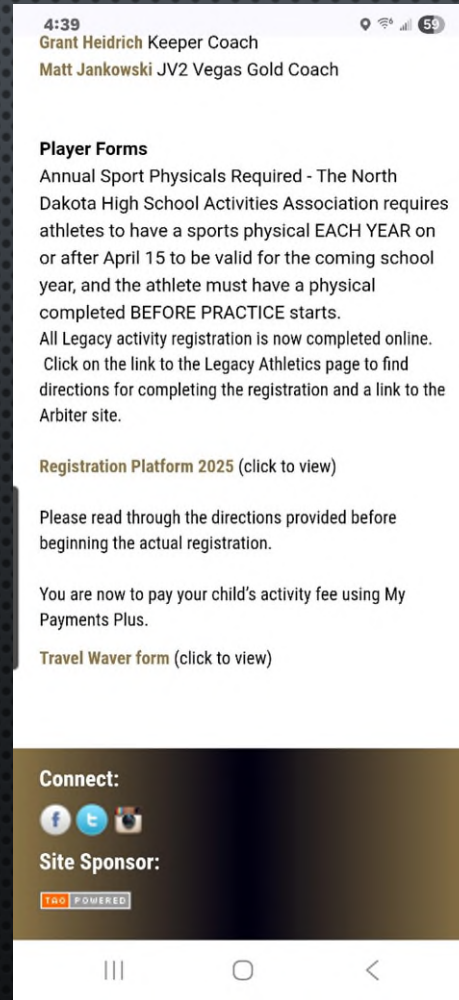


visit us at www.sportsyou.com
or in the app stores



TRAVEL WAVER FORM

- THE DISTRICT'S TRAVEL WAVER NEEDS TO BE FILLED OUT FOR YOUR ATHLETE TO NOT TRAVEL ON THE BUS HOME



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 SON MUST BE PRESENT
- PLAYING TIME IS THE COACH'S 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

- UNIFORMS WILL BE HANDED OUT AUGUST 11TH STARTING AT 4:45PM
- PLATINUM PHOTOGRAPHY WILL BE TAKING THE TEAM PICTURES ON AUGUST 11TH @ 5PM @ LEGACY
- THE LINK TO THE FORMS IS POSTED ON THE WEBSITE.



TEAM COMMUNICATION

The Legacy Boys Soccer Website

- PRACTICE SCHEDULES
- GAME SCHEDULES
- TOURNAMENTS SCHEDULES

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

<https://twitter.com/LHSsabers>

<https://www.facebook.com/lhssabersboysoccer>

Twitter

- FASTEST AND MOST UP TO THE MOMENT INFORMATION
- LEGACY BOYS SOCCER HAS A TWITTER ACCOUNT AND A FACEBOOK PAGE

SportsYou

- USED BY COACHES & BOOSTERS TO COMMUNICATE WITH PARENTS & PLAYERS



PRACTICE TIMES & FIELDS

- FIRST DAY OF PRACTICE IS AUGUST 3 @ 5:00 PM
- FIRST TWO WEEKS OF PRACTICE WILL BE AT SSC (LEGACY) MAIN FIELD AND GRASS FIELD.
- AUG 3, 4, 5, 6, & 7 5:00-7:00 PM
- AUG 8TH 10:00 AM (GRASS FIELD ONLY)



PRACTICE TIMES & FIELDS

- MUST HAVE 9 PRACTICES BEFORE PLAYING IN FIRST GAME
- DUE TO FIELD AVAILABILITY PRACTICE TIMES MAY VARY
- MON, TUE, WED, THU & FRI (SOME SATURDAYS)
- ONCE TEAMS ARE SET PRACTICE TIMES AND LOCATIONS WILL BE POSTED WEEKLY.



THE WEIGHT ROOM

- WEDNESDAYS 4:45-5:30
- FRIDAYS 4:45-5:30



FIRST GAMES

- FIRST VARSITY GAMES AUGUST 14TH
VS WILLISTON AT WILLISTON
- FIRST VARSITY RESERVE GAME AUGUST 14TH
VS WILLISTON AT WILLISTON
- FIRST JV2 GAME NOT YET SET



GAME FILM ON HUDL

- Every Varsity game will be filmed and streamed
- Varsity Reserve games will be streamed when possible
- We will be filming some JV2 games
- Hudl will break down stats on varsity games ★
- Players and teams will be able to watch game film on a WIFI devise.



FAN GEAR

- LINK TO ORDER FAN GEAR.
- THE ONLINE STORES ARE NOW OPEN FROM JULY 20TH – JULY 30TH AT MIDNIGHT.
- [HTTPS://LHS-SABERS-SOCCER-2026.ITEMORDER.COM/SHOP/HOME/](https://lhs-sabers-soccer-2026.itemorder.com/shop/home/)
- [HTTPS://DOCS.GOOGLE.COM/FORMS/D/1s5uHP-lelmatkd6waicjqppiwsfiqnf6wrofsvuFPkM/vIEWFORM?EDIT_REQUESTED=TRUE](https://docs.google.com/forms/d/1s5uHP-lelmatkd6waicjqppiwsfiqnf6wrofsvuFPkM/vIEWFORM?EDIT_REQUESTED=TRUE)



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



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



POWER HOUR FUNDRAISER

- 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.

