

OLENTANGY LIBERTY GIRLS SOCCER 2016



*Even when you've played the game of your life,
it's the feeling of teamwork that you'll remember.
You'll forget the plays, the shots, and the scores,
but you'll never forget your teammates.*

**Challenges are what makes life
interesting and overcoming them
is what makes life meaningful.**

Patriots~

Get ready for another exciting and successful season of Liberty Girls Soccer! This meeting is designed to give you all the information that you will need about the season this coming fall. All of the information that I will present tonight, as well as all of the information you will need about summer workout suggestions, the fall calendar, and any forms you need to submit in order to participate in a fall sport can be found on our website: libertygirlssoccer.com.

Players and parents, at your **earliest** convenience, please check out the Liberty Girls Soccer website and complete the following:

- 1) **Fill out the [player profile](#).**
This will help the coaching staff know the girls that are planning to play soccer and will help us prepare for summer and fall activities.
- 2) **Download the [calendar on the website](#) – this is essential.**
I work very hard to publish the schedule now, almost 3 months in advance, to facilitate your commitment to the program.
- 3) **Sign Up for the [SuperKick Summer Training Program](#), if interested.**
Great playing opportunity. See dates in the “Summer Opportunities” section.
- 4) **Check summer dates and [respond](#) if you can participate in the summer tournament.**
Great playing opportunity. See dates in the “Summer Opportunities” section. Please e-mail [Coach Kristen](#) ASAP if your player is able to attend. A response is needed by June 1.
- 5) **Review all information under the “[Resources](#)” section of the website.**
[Summer Fitness Guide & Expectations](#) – tips for how to get fit this summer 😊
[Final Forms](#) – make sure all medical forms are turned in prior to August 1st!
- 6) **Sign up for Remind for program updates.**
Sign up by sending the text “@pattys16” to 81010. Last year’s Remind will not be used anymore.
- 7) **Follow @pattysoccer on Twitter.**

Coaching Staff			
Varsity Head Coach	Kristen McMahon	Kristen_McMahon@OLSD.us	(614) 565-9647
Varsity Assistant Coach	TBA		
JVA Head Coach	TBA		
JVB Head Coach	Tiffany Harrison	Tiffanyhsoccer15@gmail.com	(614) 746-8267
GK Coach (Part-Time)	Jim Waters	jjwbuckeye@gmail.com	(614) 264-2244

The Three Teams

Each year, we have a large number of players who try out. We will try to include all players if possible, but it ultimately comes down to the number of girls that we can accommodate with three teams. While we try to teach athletes many lessons beyond the results, we must recognize that by the time players reach the high school level of competition, game results are important. Therefore, we will try to put the best possible team on the field. The result is that all players may not play in all games.

JVB → Fun, competitive, developing skills and character, all players who fulfill the requirements of the coach are guaranteed playing time. It is our expectation that all players on this team will be working to improve and to move to the next level.

JVA → Fun, more competitive, development of high level of individual and team tactics. Everyone gets playing time, but it is left to the coach's discretion as to how much.

Varsity → Fun, most competitive, high level of tactical and technical ability, playing time is **not** guaranteed for any player.

The Patriot Philosophy

We are first and foremost one program made up of three teams. This means that we do not see one group as better than another, but that we are all working toward the same goal with the same purpose. We will emphasize excellence both on and off the field. We will demand a full commitment to the team and will promote the skills and characteristics that will help us improve. We will challenge all involved to fulfill their potential. We will become students of the game and will encourage the love of the sport. Most importantly, we will have fun through competition.

Forms

- All medical forms must be submitted on [FinalForms](#) before the first day of tryouts (August 1st). You will not be allowed to participate without submitting this information. If you cannot participate, the coaches will not be able to evaluate you.
- Registration does not open for next year until **JUNE**.
- All returning players from last year or those who have already registered on FinalForms, do not have to register again; however, you will need to re-sign all documents in **JUNE** for the next school year and designate "Girls Soccer."

The OLSD Annual Sports Physicals for 2016-2017 school year on **Wednesday, May 4th 6:00-8:30pm at **Delaware Health Center** (801 OhioHealth Blvd). Cost is \$15.

Please follow all directions on [FinalForms](#) and mail the completed physical to:

Kristen McMahan
3584 Home Rd
Powell, OH 43065

Summer Opportunities

Nothing is mandatory until August 1, but summer activities are highly recommended.

SuperKick Summer Training Program

- Increasing player agility and reaction speed with and without the ball
- Raising the quality and pace of passing and receiving
- Teaching proper technique of movements such as jumping, landing, and more
- Improving technical ability on the ball by maximizing individual touches on the ball
- Dribble, pass, and receive while moving in game-related situations
- Providing a consistent and progressive training atmosphere to improve team chemistry and camaraderie building up to the start of the season

Cost: \$75/player

Date: Monday and Wednesdays from 6/6 – 7/6 (7 sessions): No sessions 6/13, 6/15 and 7/4

Time: 6:00PM-7:30PM

Location: OLHS grass fields

To register: <http://superkickcolumbus.com/soccer/high-school-summer-program>

- Find Olentangy Liberty Girls Soccer and click REGISTER
- Create an online account (if you do not already have one)
- **Enroll as unpaid.** Payment will be due by the first session by CHECK ONLY made out to SuperKick. You will receive additional payment instructions after enrollment. Please do not send your check to Coach McMahon.

Players are enrolling for the full program (7 sessions). There are no pro-rated costs. In the event of dangerous weather, the session will be made up at the high school OR SuperKick.

If you have questions, need additional information or have special circumstances for consideration please contact Matt at MWeiss@superkickcolumbus.com

Strength & Conditioning (Lifting)

Run by Strength and Conditioning Coaches at OLHS

- Every Tuesday and Thursday, June 7 – July 7, 8-9am; July 12 – 28, 7-8am @ OLHS Weight Room

Open Fields

- Dates and times are TBA and will be communicated at the Strength and Conditioning sessions, on Twitter, and via Remind. Seniors will run open fields.

Kid's Camp

- June 13-16 from 6-7:30pm @ OLHS
- Juniors and Seniors are expected to assist.

Fitness & Training Days

These are part of the 10 contact days we get per year. They will be used as practices throughout the summer. Anyone trying out is invited to attend.

- June 7 and 9 from 9-10am @ OLHS (Track/Practice Fields) – **FITNESS FOCUS**
- July 12, 14, 19, and 21 from 8-10am @ OLHS (Practice Fields) – **TRAINING FOCUS**

Summer Tournaments

Bradley Invitational for **New Players** – July 16-17 @ Hilliard Bradley HS (Hilliard, OH)

Hudson Invitational for **Returning Players** – July 23-24 @ Hudson HS (Hudson, OH)

- Please e-mail Coach Kristen ASAP if your player is able to attend. A response is needed by June 1.
- Payment needs to be mailed to Coach Kristen at Liberty HS (3584 Home Rd, Powell, OH 43065). Cost is \$25 per player; checks should be made out to LAB (Liberty Athletic Boosters).

Team Camp

- July 25-28, 8-10am @ OLHS with Brandon Koons and Erik Ekis. Forms and cost will be emailed and posted on website.

Tryouts

Please bring both **tennis shoes** and **shin guards/cleats** to all sessions. Don't forget lots of water.

- Monday, August 1 – 7:30-9:30am and 6-8pm
- Tuesday, August 2 -- 7:30-9:30am
- Teams announced on August 2 @ 11am

The Season

Parent Meeting

- August 4 at 7:30pm @OLHS

In-Season Training

- The first practice for all teams will be on Tuesday, August 2, 6-8pm.
- August 3-16 – TBA
- August 17 through end of season – 4-5:30pm (unless otherwise noted)

JVA and Varsity Game Schedule (as of 3.19.2016)

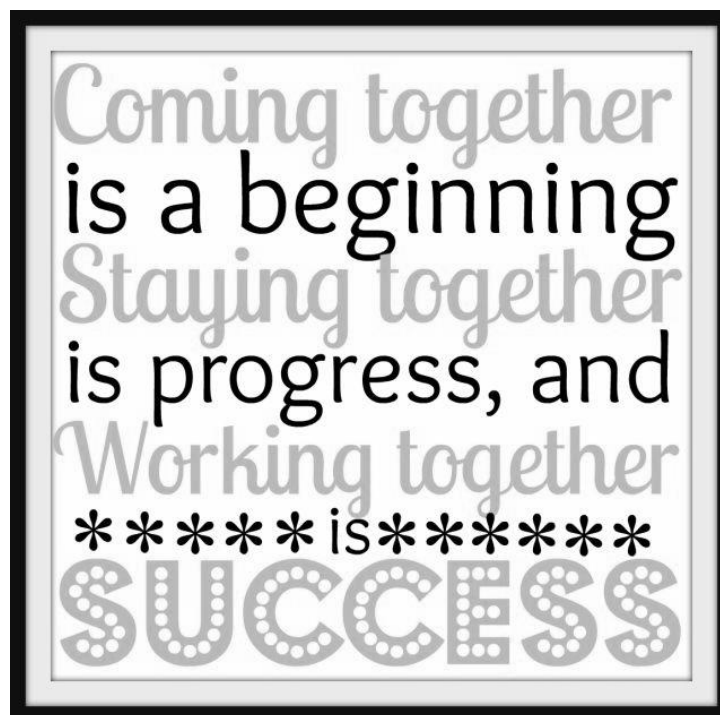
Day	Date	Opponent	Site	Time	Notes
Saturday	8/6	Notre Dame Academy	Away	TBA	*Scrimmage
Wednesday	8/10	Winfield HS (WV)	Home	TBA	*Scrimmage
Saturday	8/13	Centerville	Away	11:30, 1	*Scrimmage @ Legacy Field
Saturday	8/20	Thomas Worthington	Home	5:30, 7	
Tuesday	8/23	Hilliard Bradley	Home	5:30, 7:15	
Saturday	8/27	Clay (Oregon)	Home	2:15, 4	
Tuesday	8/30	Marysville	Home	5:30, 7:15	
Tuesday	9/6	Gahanna	Away	5:30, 7:15	
Tuesday	9/13	Olentangy Orange	Away	5:30, 7:15	
Thursday	9/15	Hilliard Davidson	Away	5:30, 7:15	
Tuesday	9/20	Westerville South	Home	5:30, 7:15	
Thursday	9/22	Pickerington North	Home	5:30, 7:15	
Saturday	9/24	Watterson	Home	5:30, 7:15	
Tuesday	9/27	Westerville North	Away	5:30, 7:15	
Saturday	10/1	Dublin Jerome	Away	10, 12	
Tuesday	10/4	Upper Arlington	Away	5:30, 7:15	
Thursday	10/6	Westerville Central	Home	5:30, 7:15	
Tuesday	10/11	Dublin Coffman	Home	5:30, 7:15	
Thursday	10/13	Olentangy	Away	5:30, 7:15	

**Please note: While not expected, there may be changes to the above schedule. Any changes will be communicated as far in advance as possible.

JVB Game Schedule (as of 3.19.2016)

Day	Date	Opponent	Site	Time	Notes
Wednesday	8/3	Clear Fork / Medina	Away	4	*Scrimmage @ Clear Fork
Saturday	8/13	Centerville	Away	10	*Scrimmage @ Legacy Field
Tuesday	8/16	Gahanna	Home	5:30	*Scrimmage
Saturday	8/20	Thomas Worthington	Home	4	
Monday	8/22	Grandview	Away	7	
Wednesday	8/24	Olentangy	Away	5:30	
Monday	8/29	Worthington Kilbourne	Home	5:30	
Wednesday	8/31	Olentangy Orange	Home	5:30	
Saturday	9/3	Clear Fork	Home	Noon	
Wednesday	9/7	Upper Arlington	Home	5:30	
Saturday	9/10	Westerville Central	Away	TBA	
Monday	9/12	Grandview	Home	5:30	
Thursday	9/15	Hilliard Davidson	Away	5:30	
Monday	9/19	Pickerington North	Home	5:30	
Wednesday	9/21	Thomas Worthington	Away	5:30	
Monday	9/26	Jonathon Alder	Home	5:30	
Wednesday	9/28	Olentangy Orange	Away		
Wednesday	10/5	Upper Arlington	Away	5:30	
Thursday	10/6	Westerville Central	Home	5:30	
Saturday	10/8	Pickerington North	Away	10	
Monday	10/10	Olentangy	Home	5:30	
Wednesday	10/12	Buckeye Valley	Away	5	

**Please note: While not expected, there may be changes to the above schedule. Any changes will be communicated as far in advance as possible.



Team Rules & Expectations

- ❖ As a student of Olentangy Liberty High School, you have agreed to abide by the code of conduct outlined in the student athlete handbook, so there's no need to repeat it here. You have been and/or will be tested for illicit substances. **Understand this:** if it involves using (or even being in the vicinity) of drugs, alcohol or tobacco the consequences laid out by the student athlete handbook will be implemented. Please familiarize yourself with the athletic handbook and code of conduct; it can be found on the OLHS website under athletics. Poor conduct of other types will be disciplined, at the coaching staff's discretion.
- ❖ Give 100% all the time. Soccer is a physically and mentally demanding sport: as a team, we accomplish more. Any behavior deemed detrimental to the team will be disciplined at the coaching staff's discretion.
- ❖ Make a full commitment to practice and games. Excused absences include family emergencies, illnesses, and anything additional at the discretion of the coach. If you have an unexcused absence, you lose your chance to play.
- ❖ The consequences are cumulative and as follows:
 - 1st Unexcused absence – Removal from the line-up for one half.
 - 2nd Unexcused absence – Removal of the line-up for one game.
 - 3rd Unexcused absence – Removal of the line-up for two games.
 - 4th Unexcused absence – Removal from team.
- ❖ If you have an excuse and are going to miss practice, please call or e-mail your coach. This must occur **before practice**, except in an emergency situation.
- ❖ Be on time to team events. Live by the following: EARLY IS ON TIME, ON TIME IS LATE and LATE IS UNACCEPTABLE.
- ❖ Keep your grades up – academics are your first priority. Your inability to time-manage does not constitute an emergency on the part of the coaching staff. If you're struggling academically, please see your coach.
- ❖ Respect your teammates, coaches, and opponents. You will not always be best friends with everyone on the team, but you will respect them.

Your toughest competition in life
is anyone who is willing to
work harder than you.



Other Guidelines

Lettering and Other Team Awards

Players will receive a Varsity letter if they play in 16 Varsity halves. Special circumstances and end-of-season team awards will be handled accordingly by the coaching staff.

Discipline Policy

Disciplinary matters are handled individually and at the discretion of the coaching staff. See "Team Rules & Expectations" and the Athletic Handbook for various guidelines.

Coaching Staff Communication Policy

Informational Communication from Coaching Staff

The coaching staff will do everything in our power to communicate changes to existing schedules as far in advance as possible. Please understand that some situations will require last minute decisions that may arise beyond our control. If there is adequate time, an email will be sent, the change will be posted on the website, and a Remind will be sent.

Issue Resolution

If you have any questions, comments, or concerns with anything regarding the soccer program that is not informational, please follow the below guidelines:

- 1) The first communication should be from the player herself. If the issue is not resolved only then should the parents become involved. Be prepared to hear an honest response on why the coaches have made the decisions that they have. It is possible that we may have to 'agree to disagree' on subjects.
- 2) Subsequent Discussions – should occur between player, coach, and parent, if necessary. Please call or email the coach to set up an appointment to **talk**. Email is not an appropriate venue for discussing issues concerning players.
- 3) Further Escalation – may involve the Athletic Director, parent(s), player, and coach(es).
 - ✓ Appropriate concerns for a parent to discuss with coaches:
 - Treatment of your child, mentally and physically
 - Concerns about your child's behavior
 - ✓ Issues **not appropriate** for parents to discuss with coaches:
 - Playing time
 - Team strategy
 - Other team members

It is our hope and expectation that problems that might arise will be dealt with in a direct and cordial manner.

**“DON'T ASPIRE TO BE THE BEST ON THE TEAM.
ASPIRE TO BE THE BEST FOR THE TEAM.”**