

# OLENTANGY LIBERTY GIRLS SOCCER 2018



*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.*

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**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](http://libertygirlssoccer.com).

Players and parents, at your **earliest** convenience, please check out the Liberty Girls Soccer website and complete the following (click on the links below for more details):

- 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 fill out the [OLGS – Summer Commitments](#) form if you can participate in the summer tournament and/or team camp. Don’t forget to submit your payment on the Liberty Athletics website** (when items are available for payment, they will be posted on the team homepage on [olentangylibertyathletics.com](http://olentangylibertyathletics.com)). **No cash or checks accepted.** *Great playing opportunity. See dates in the “Summer Opportunities” section. A response is needed by June 1.*
  
- 5) **Review all information under the “[Resources](#)” section of the website.** Includes [Program Expectations Document](#), [Summer Fitness Guide](#) – 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 “@pattys18” to 81010. Last year’s Remind will not be used anymore. Click [HERE](#) for the information sheet.*
  
- 7) **Follow [@pattysoccer](#) on Twitter.**

Coaching Staff			
Varsity Head Coach	Hillary Carter	libertypattys@gmail.com	(513) 617-9212
Varsity Assistant Coach	Kristen DeWees	Kristen.dewees26@gmail.com	(440) 570-7272
JVA Head Coach	TBD		
JVB Head Coach	TBD		
GK Coach (Volunteer)	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."

Please follow all directions on [FinalForms](#) and send with your daughter to a summer session or mail the completed physical to:

Hillary Carter  
Olentangy Liberty High School  
3584 Home Rd  
Powell, OH 43065

## Summer Opportunities

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

### SuperKick Summer Training Program

- Increasing player agility and reaction speed with and without the ball through ladder training
- Raising the quality and pace of passing and receiving through a series of 1 and 2 touch activities
- Teaching proper technique of movements such as jumping, landing, moving backwards, laterally, and more
- Improving technical ability on the ball by maximizing individual touches on the ball every session
- Players are pushed to dribble, pass, and receive while moving at speeds in situations that are similar to the game
- Providing a consistent and progressive training atmosphere to improve team chemistry and camaraderie building up to the start of the season

Cost: \$90/player

Date: Monday and Wednesday from June 11 – July 2 (7 sessions – No Session July 4)

Time: 6:00PM-7:30PM

Location: SuperKick

To register:

- Click [HERE](#) and then select the OLHS Girls Summer Program.
- Click on "Sign Up Now!"
- Create an account if you do not already have one
- Enroll and pay via credit card

**Players are enrolling for all 7 sessions. There is no prorated cost.**

If you have any questions, need additional information or special circumstances for consideration please email Brendan Vazquez at [bvazquez@superkickcolumbus.com](mailto:bvazquez@superkickcolumbus.com)

### Strength & Conditioning (Lifting)

Run by Strength and Conditioning Coaches at OLHS

- Every Tuesday and Thursday through June and July, 8-9am @ OLHS Weight Room (no lifting July 3 & 5)

### Open Fields

- Held on the practice fields each Tuesday and Thursday after strength and conditioning until 10:30am. Seniors will run open fields.

### Kid's Camp

- June 18-21 from 6-8pm @ OLHS, Juniors and Seniors are expected to assist. Registration on web site.

### Fitness & Training Days

These are part of the 10 contact days we get per year. They will be used as training sessions throughout the summer.

- June 5 and 7 from 6-7pm @ OLHS (Track/Practice Fields) – **FITNESS FOCUS**
- July 10, 12, 23, and 25 from 6-7:30pm @ OLHS (Practice Fields) – **TRAINING FOCUS**
- July 10 and July 12 from 5pm-6pm @ OLHS (Practice Fields) – **GOALKEEPER TRAINING**

### Summer Tournaments - \$25 per player

1. Hilliard Invitational – July 14-15 @ Spindler Park (Hilliard, OH)
2. Pioneer Soccer Showcase – July 28-29 @ Jonathan Alder HS (Plain City, OH) **(for new players and returning JVA/JVB players)**
  - Fill out the [OLGS – Summer Commitments](#) form if you can participate in one or both the summer tournaments. A response is needed by June 1.
  - The cost is \$25 per player (not per tournament), see next page for payment instructions.

## Team Camp – \$100 per player

- 19th Annual High School Team Camp, July 16-19, 9am-1pm @ Spindler Park in Hilliard, OH (**for new players and returning JVA/JVB players**)
- Ohio Northern High School Team Camp, July 26-28, overnight @ Ohio Northern University in Ada, OH (**for returning Varsity players only**)
  - Fill out the [OLGS – Summer Commitments](#) form if you can participate in the team camp for your player status. A response is needed by June 1.
  - The cost for either camp is \$100 per person, see below for payment instructions.

**Payment Instructions:** Please click [HERE](#) and you will be redirected to the LAB payment site. Payment must be made by credit card, no cash or checks can be accepted. Payment site should be active by Weds. 4/4/18.

## Tryouts

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

- Wednesday, August 1 – 7:30-9:30am and 6-8pm
- Thursday, August 2 -- 7:30-9:30am
- Teams announced on August 2 @ 6:30pm

## The Season

### Parent Meeting

- August 3 at 7:45pm @OLHS

### In-Season Training

- The first training for all teams will be on Friday, August 3, 7-8am (fitness) and 6-7:30pm (training).
- August 4-15 – TBA
- August 16 through end of season – 4:15-5:45pm (unless otherwise noted)

### JVA and Varsity Game Schedule (as of 4/3/2018)

Day	Date	Opponent	Site	Time	Notes
Saturday	8/4	Anthony Wayne & Notre Dame Academy (Multi-Team Scrimmage)	Away	11:00am, 12:00pm	* <b>VARSITY ONLY</b> *Scrimmage
Tuesday	8/7	Upper Arlington	Home	5:30pm, 7:00pm	*Scrimmage
Tuesday	8/14	St. Francis DeSales	Home	5:30pm, 7:15pm	*Scrimmage
Friday	8/17	Dublin Coffman	Home	5:30pm, 7:15pm	
Tuesday	8/21	Hilliard Bradley	Home	5:30pm, 7:15pm	
Saturday	8/25	Oregon Clay	Home	1:45pm, 3:45pm	
Tuesday	8/28	Hilliard Davidson	Home	5:30pm, 7:15pm	
Thursday	8/30	Dublin Jerome	Away	5:30pm, 7:15pm	

Tuesday	9/4	Newark	Away	5:30pm, 7:15pm	
Saturday	9/8	Centerville	Away	5:00pm, 7:00pm	
Thursday	9/13	Olentangy Orange	Away	5:30pm, 7:15pm	<b>OCC</b>
Saturday	9/15	Lakota East	Home	1:00pm, 3:00pm	
Tuesday	9/18	Granville	Away	5:30pm, 7:15pm	
Thursday	9/20	Westerville South	Home	5:30pm, 7:15pm	<b>OCC</b>
Tuesday	9/25	Westerville North	Away	5:30pm, 7:15pm	<b>OCC</b>
Tuesday	10/2	Westerville Central	Home	5:30pm, 7:15pm	<b>OCC</b>
Thursday	10/4	Gahanna	Home	5:30pm, 7:15pm	<b>*Senior Night</b>
Tuesday	10/9	Olentangy	Away	5:30pm, 7:15pm	<b>OCC</b>
Thursday	10/11	Bishop Watterson	Away	5:30pm, 7:15pm	<b>@ Otterbein University</b>

*\*\*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 4/3/2018)**

<b>Day</b>	<b>Date</b>	<b>Opponent</b>	<b>Site</b>	<b>Time</b>	<b>Notes</b>
Tuesday	8/7	Gahanna	Home	5:30pm	*Scrimmage
Wednesday	8/8	Clear Fork / Medina	Away	4:00pm	*Scrimmage @ Butler School
Friday	8/17	Dublin Jerome	Home	5:30pm	
Monday	8/20	Thomas Worthington	Home	5:30pm	
Wednesday	8/22	Gahanna	Away	5:30pm	
Monday	8/27	Pickerington North	Away	5:30pm	
Wednesday	8/29	Upper Arlington	Home	5:30pm	
Wednesday	9/5	Dublin Jerome	Away	5:30pm	
Saturday	9/8	Centerville	Away	3:00pm	
Monday	9/10	Olentangy	Home	5:30pm	
Wednesday	9/12	Olentangy Orange	Home	5:30pm	
Wednesday	9/19	Thomas Worthington	Away	5:30pm	
Thursday	9/20	Clear Fork	Home	5:30pm	
Monday	9/24	Westerville North	Away	5:30pm	
Thursday	9/27	Grandview Heights	Home	5:30pm	
Monday	10/1	Westerville Central	Home	5:30pm	
Wednesday	10/3	Olentangy	Away	5:30pm	
Monday	10/8	Pickerington North	Home	5:30pm	
Saturday	10/13	Olentangy Orange	Away	11:00am	

*\*\*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:
  - 1<sup>st</sup> Unexcused absence – Removal from the line-up for one half.
  - 2<sup>nd</sup> Unexcused absence – Removal of the line-up for one game.
  - 3<sup>rd</sup> Unexcused absence – Removal of the line-up for two games.
  - 4<sup>th</sup> 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.”**