**Modified Girls Soccer Information**

**Soccer Tryouts**

**1st Day of Soccer:** Aug. 28th @ 3pm at the CS Middle School back field. We will continue to practice Aug 29th, 30th & 31st. Practice times will be adjusted based on the time of day players can attend (so it may stay at 3pm or could be adjusted to an earlier time). Players are guaranteed 3 days of tryouts, so if they cannot attend these practices, they will start the first day of school.

**Location of Practices:** Tryouts will be held on the **soccer field behind the middle school**. Parents and spectators are not allowed to watch practices for safety purposes, so please wait in the parking lot for your athlete if you are picking them up.

**Rides Home:** The week before school starts, players need to have a ride to and from practice. After school starts (Sept. 6th), players can either get picked up or ride the sports bus home. If you plan on picking up your athlete each day, please try to be at the school by 4:50pm. The sports bus arrives at the Middle School around 5:00pm.

**Duration of Tryouts:** Each player is guaranteed 3 days of tryouts. If you have any conflicts with practice, please contact me. Any players who do not make the team will be personally told by the coach and are encouraged to ask for feedback after tryouts are done.

**Materials Needed for Tryouts:** Athletes need to have **shin guards** and **cleats** in order to participate in tryouts. All athletes should bring a **water bottle** as well. Players are encouraged to wear a **shirt or jersey with their last name** on it, but it is not a requirement.

**Soccer Season**

**Remind:** This is for **PARENTS/GUARDIANS ONLY**. Please make sure **ALL** parents/guardians responsible for their athlete sign up through my **REMIND** group. When you sign-up through the app, please include your first and last name, along with your athlete’s name if you can, so I know who I’m messaging. I will be using this to send updates regarding practices, games and any other bits of information that affects your athlete and the team. You can also communicate with me through the app. Here is the link to sign up: <https://www.remind.com/join/csmodg>. If you don’t want to use the app, you can get text notifications by putting “81010” as the phone number, and in the text message box type “@csmodg”.

**Practices:** If your athlete makes the soccer team, we will **practice everyday after school** from 3:00pm to 5:00pm. Again, players need to be picked up or ride the bus home after practice. Also, sometimes we practice on Saturdays early in the season, to make sure everyone has enough practices before our first game.

**Games:** We get scheduled for roughly 10-12 games each season and most start at 4:30. To see the live updated version of our game schedule and times, please go to [https://www.schedulegalaxy.com](https://www.schedulegalaxy.com/schools/22/teams/181181).

* For **home games**, players will stay after school with me in my room until they go to the locker room to get changed. We usually play home games at CSMS on the Front Soccer field near Rt. 11, unless the boys team has a game the same day.
	+ **Rides Home**: Players must get a ride home from home games. There will not be a bus to take them home from the games. They can get a ride home from anyone for home games.
* For **away games**, players will stay after school with me in my room until they go to the locker room to get changed just like they do for home games. Players must ride the team bus to the game location and are not allowed to get an alternative ride there. If this is an issue for any reason, please let me know.
	+ **Rides Home for Away Games**:
		- **From the Opponents Field**: Only parents/guardians are allowed to pick up their athlete from away game locations. Please see me to sign-out your athlete before you take them and leave.
		- Players not picked up at the away game location will ride the bus back to the school. Once at the school, athletes can be picked up by anyone to get a ride home.
	+ **Bus Arrival Times to CSMS from Away Games:**  I will send out a message to parents through REMIND regarding when the bus will arrive at the school.

**Players Positions**: All athletes will be rotated through all positions on the field this year. Rotations will occur every week or two, depending on our game schedule. We do this so players get experience at every position to help them at the JV and Varsity levels.

**Playing Time**: All athletes at the modified level are guaranteed to play in every game. Athletes will play approximately one quarter at a time (roughly 12-15 minutes). Starters will play the first quarter, then all players who didn’t start will play the second quarter, and we will try to rotate like that for the rest of the game as much as possible. If the game is close in the 4th quarter, higher skill level/experienced players may be subbed in if their skills are needed at that time.

* Here are a few reasons players may be subbed out: (1) a high number of players on the team requires more subbing in and out of players throughout the game, (2) player conditioning may result in them needing more rest than others, (3) players may be pulled for short periods of time during a game for additional coaching, (4) players may be subbed out if they’re not showing proper sportsmanship, and (5) players may be subbed out in the 4th quarter of games if their skill level, conditioning or experience does not match the intensity of the other team.

**Missing Practices or Games**: If for any reason your athlete cannot attend a practice or game, **you need to contact me** personally through remind or my cell phone number below. If a player does not show up to a practice or game, and I have not been contacted by that player or their parent/guardian, they will sit the next day they show up in person.

**Soccer Classroom on Canvas**: I have set up a classroom on Canvas for our soccer team. I will send out an invitation to all athletes once they have made the team, and they are all expected to join it. The classroom will be used for the following: (1) communication with players, (2) posting schedules and statistics, (3) providing links to soccer videos that will help with skill development, etc. Parents who link themselves to their student’s Canvas account will also be able to access this information.

**Team Goal:** Our main goal this season is to have players improve each practice and each game, while giving 100% effort each day. This level is not about wins or losses. It is about the development of soccer skills and preparing them for the next level of soccer. No matter how many games we win or lose, as long as we keep improving we will be setting ourselves up for success in the future.

If you have any questions or concerns regarding the soccer season, please contact me at rhendry@cssdapps.org, or feel free to call or text me at 315-416-4277.

Thank You,

**Coach Hendry - Modified Girls Soccer**