

DAMASCUS CHRISTIAN SCHOOL

OSAA BOYS VARSITY

2010 SOCCER TEAM

INFORMATION & SIGN-UP SHEET

Dear Parents and Students

It is time to organize for the fall soccer season. My name is Roger Joachim and I will be the new High School soccer coach this fall. This is the third time around for me, as I previously coached from 1987 - 1990 and from 1995 - 1998. I'm excited to be coaching at DCS again and I'm looking forward to getting to know the current team members and new freshman. I hope to have several events this summer to get to know everyone better.

As a coach my goal is not for the boys to win, but rather for them to learn to strive for excellence. I want them to learn self-control, commitment, and teamwork. I want them to learn not to settle for mediocrity but rather to strive to perform to the best of their abilities. I believe that they will learn these and many other character qualities and I hope that these qualities will carry on into other aspects of their lives. My philosophy is to do the very best job I can and to draw the very best out of each team member.

The goal for this year will be to master the basics and pursue advanced skills and tactics.

It is my desire to avoid any conflicts and misunderstandings by providing the parents and students with all available information at this time. Please completely read this information sheet, before signing the attached form.

Signup

When a student signs up for the soccer team he is making a commitment to his teammates and coaches, that he will attend all practices and games, arriving on time and departing no earlier than the scheduled time. Further that the student will remain with the team through the full season, including any post season practices and games. **Please see the attached "CALENDAR"** to identify dates and times the student will be committing to.

I want to further communicate that being a member of the DCS soccer team is a significant commitment in time and effort. You need to understand that beginning with the first day of fall practice, **Monday August 23rd**, all practices and games are **mandatory**. Further, that you are committing to remaining academically eligible for the entire season. Thus those who have a propensity for academic problems are committing to maintaining their eligibility by:

- Conscientiously applying them self, beginning with the first day of school
- Sacrificing other recreational and social events in order to have sufficient study time

Camps and Summer Teams

I would like to strongly urge every team member to either be a member of a classic team which plays tournaments this summer or to attend at least one soccer camp during the summer. This will give them at least an additional week of soccer skills practice and will be extremely beneficial. Even though an individual can work on personal skills on their own, and in fact they should, the individual will most likely not work hard enough and will not develop sufficiently. Playing on a team or attending a soccer camp provides an environment where these skills can be developed.

On the “DCS Soccer Questionnaire” I’ve asked for club and team information for those who are playing on teams this summer, I plan to follow-up and get game locations and times, so that I can have the opportunity to watch one or more of their games.

Summer Practice

There are some basic skills that you will be expected to work on during the summer. The goals for these skills are outlined here and will be discussed, in detail, at the first team meeting.

Balance	Every time you kick a soccer ball you are standing on one foot. You can not master passing and trapping without first mastering proper balance. I will provide specifics in the first team meeting.
Passing and Trapping	Master the basic technique of passing and trapping with the inside of your foot. This seems like a simple thing at the high school level however more than 50 percent of players do not have this technique mastered.
Juggling	Be able to keep the ball in the air for a minimum of 6 touches using the feet, thighs, and head

Conditioning

Please note that there will be pre-season conditioning which will start 2 weeks prior to the first day of practice. Teammates are not required to attend these conditioning sessions but are strongly urged to attend as many as possible. If a player can not attend a session they are expected to accomplish the same conditioning on their own. A game or camp on a scheduled day of conditioning fulfills this requirement. All players are expected to be at the same level of conditioning by the first day of pre-season practice. Conditioning is extremely important to the well-being of the team members. Most injuries can be traced back to poor pre-season conditioning.

Team members must have their physical completed and turned into the school prior to the first day of conditioning. I will not instruct and will turn away any player who does not have an up-to-date physical.

The conditioning program I use is based on heart rate training. I would prefer that all team members attend the first and second sessions so that they have a clear understanding of the program. I will however be holding a team meeting on **Thursday July 29th** where the conditioning program will also be taught.

Pre-Season Practice

Pre-Season practice begins on Monday August 23rd. Pre-season practice is **mandatory** and will consist of daily doubles with a 2 hour session in the morning and a 2 ½ hour session in the evening Monday through Friday. **Please see the attached “CALENDAR” for further details**

Locations

Most if not all conditioning sessions, practices, and home games will be held at Deep Creek Elementary School.

Equipment

OSAA and NFHS have specific rules on what types of cleated shoes you can compete in. I will provide details when they are available to me.

Turf Soccer Shoes	On the first day of conditioning you will need a well broken in pair of turf soccer shoes. The field at Deep Creek is always very hard, through the summer and first part of the fall. You will also need turf shoes for practices and the first couple of home games.
Molded Soccer Shoes	On the first day of practice you will need a well broken in pair of molded soccer shoes. Field conditions will determine which you will be using at any given time. You will probably need molded shoes for most away games.
Screw-in Soccer Shoes	By the time you get to district playoffs you will need screw-in cleated soccer shoes. When we are well into the season I will provide more information.
Shin Guards	You must have shin guards for all practices and games. Without shin guards you may not participate.
Soccer Socks	2 pairs of soccer socks will be purchased for you and billed to your account. You will keep those socks at the end of the season.

Schedule

The practice and game schedule is attached and my also be viewed on the school web site at <http://www.damascuschristianschool.org/dcs>. Click on Sports Calendar.

World Cup

I plan to schedule several team events around the World Cup this summer. These will include times to gather and watch the games and participate in a contest based on game results. I will provide more details at the first team meeting.

DAMASCUS CHRISTIAN SCHOOL
OSAA BOYS VARSITY SOCCER TEAM
2010 SIGN-UP FORM

Please completely fill out, sign, and return this form to the athletic office, no later than the day of the first team meeting on May 25th at 3:15pm in room 108.

STUDENT:

Name _____

PARENT - GUARDIAN:

Name _____

Relationship _____

Home Phone Number _____

Cell Phone Number _____

Business Phone Number/s _____

I acknowledge that I have read the attached "DAMASCUS CHRISTIAN SCHOOL OSAA BOYS VARSITY SOCCER TEAM INFORMATION & SIGN-UP SHEET" and give my consent for my son to make the commitment of joining the DCS Boys Varsity soccer team.

Parents Signature _____ **Date** _____

I acknowledge that I have read the attached "DAMASCUS CHRISTIAN SCHOOL OSAA BOYS VARSITY SOCCER TEAM INFORMATION & SIGN-UP SHEET" and desire to join the DCS Varsity soccer team. I understand the commitment which I am undertaking.

Students Signature _____ **Date** _____