

# MINNETONKA HIGH SCHOOL

## 2018 WOMEN'S SOCCER HANDBOOK



Welcome to the Minnetonka High School Women's Soccer Program! We have a proud tradition as a highly successful and competitive soccer program winning **Minnesota State Championships in 2001 and 2013**. We are hoping you will help us continue with our drive for excellence and become a part of the Minnetonka High School Women's Soccer family. Included in this packet is information about try-outs, captains' practices, MSHSL policies, lettering, expectations, program rules, and other items.

Try-outs begin on **Monday, August 13<sup>th</sup>, 2018 at Minnetonka High School**. Please read the next pages regarding the try-out process and grade level try-out times. Arrive early so we can begin on time (players should arrive at least 20 minutes prior to each session). There are 6 levels offered in the women's soccer program: Varsity, JV Reserves (JV1), C Squad (JV2), 10<sup>th</sup> grade, and 9A & 9B.

### **Registration – Begins the week of July 9<sup>th</sup>, 2018**

Participation Fee – Once per school year/annual fee: \$75 Activity Fee - \$92 Sport Fee: All players must sign up online by going to [www.tonkaactivitiesregistration.com](http://www.tonkaactivitiesregistration.com).

**IMPORTANT:** If you are a **new Transfer (10<sup>th</sup>-12<sup>th</sup>) or Foreign Exchange Student**, you cannot register online until you contact the Activities Office to begin your registration process – please email Gwynn Pletsch at [gwynn.pletsch@minnetonkaschools.org](mailto:gwynn.pletsch@minnetonkaschools.org).

Students participating in MSHSL sanctioned sports are required to have a Sports Qualifying Physical in file with Minnetonka High School. **This form is good for THREE YEARS of participation from the date of the exam and must be current through the end of your sport season.**

If you need to check on your student(s) physical date, or have any questions about registration, please first check under your student's health information section in their Student Skyward first. If you have any questions or concerns, please send an email to both Activities Office staff:

[jane.mcgowan@minnetonkaschools.org](mailto:jane.mcgowan@minnetonkaschools.org) and [gwynn.pletsch@minnetonkaschools.org](mailto:gwynn.pletsch@minnetonkaschools.org)

**IF YOU DON'T HAVE ALL REQUIRED PAPERWORK ON FILE IN THE ACTIVITIES OFFICE YOU WILL NOT BE ABLE TO PARTICIPATE IN ANY ORGANIZED TRY-OUT AND WILL BE SENT BACK TO THE ACTIVITIES OFFICE UNTIL YOU ARE CLEARED TO PLAY. THIS IS NON-NEGOTIABLE AND MAY RESULT IN LOSS OF TRY-OUT TIME.**

### **Soccer Kick-Off and PAC Meeting – Monday, August 20<sup>th</sup> @ 5:00 PM**

This mandatory **Soccer Kick-Off and PAC Meeting** will be held in the MHS Cafeteria on August 20, 2018 from 5:00-6:30pm. Players, parents, and coaches will have a potluck dinner going over the upcoming season.

The coaching staff enthusiastically looks forward to August and we hope you will find time to relax, spend time with friends and family, and ultimately prepare for our upcoming season!

Jeff Hopkins  
Head Women's Soccer Coach  
Minnetonka High School  
[mhswsoccer@gmail.com](mailto:mhswsoccer@gmail.com)

## Table of Contents

Try-out Process	Page 3
Try-out Schedule	Page 4
PAC Meeting and Soccer Kick-Off, Important Dates	Page 5
Mission, Goals, Academics, Commitment, Honesty	Page 6
Chain of Command, MHS Policies, MSHSL Policies	Page 7
Social Media, Off Season Training, Summer Camp	Page 8
Fitness, Practices, Games, Travel, Athletic Trainer, Playing Time	Page 9
Website, Equipment, Uniforms, Pictures	Page 10
Ambassador Program, Lettering, Awards, Fundraising, Banquet, Leaders	Page 11
Captains, Captains Responsibilities, Parent Responsibilities	Page 12
Parents Responsibilities, Striker Club (Boosters), Coaching Staff	Page 13

## Women's Soccer Try-out Process

There are 6 teams for women's soccer; Varsity (top 9<sup>th</sup>-12<sup>th</sup> grade players), JV Reserves/JV1 (typically next best players), C-Squad (JV2), 10<sup>th</sup> grade, 9A (top 9<sup>th</sup> graders), and 9B (next best 9<sup>th</sup> graders). All try-outs will be held at Minnetonka High School on the upper turf field, the lower grass fields, or the stadium turf field.

The coaching staff will assign numbered pinnies to identify candidates throughout the week. A rating scale of 1-5 will be used to assess players on their technical skills, tactical awareness, physical fitness, psychological aspects, and game/team impact. A variety of activities will be used to evaluate players throughout the week including technical exercises, small-sided games, fitness, and full-sided scrimmages.

Initial team placements will be made on Wednesday, August 15<sup>th</sup> for Varsity and JV Reserve (JV1) teams. 9A, 9B and 10<sup>th</sup> Grade teams will be determined on Thursday, August 17<sup>th</sup>. Players will be placed on the team that best fit their showing at try-outs and what the coaching staff deems best for the player's development. Movement may occur at any time throughout the season to help with player development and/or team needs during the season. Our goal is to provide opportunities for every person, but due to number limitations we may not be able to take all players who try-out. Those players not selected to a team will be given a full refund through the activities office.

- **11<sup>th</sup> and 12<sup>th</sup> grade candidates AND any returning varsity players** will try-out from 9:00-10:30am on the upper turf soccer fields AND from 2:00-4:00pm on the stadium and/or upper turf field beginning Monday, August 13<sup>th</sup> – Wednesday, August 15<sup>th</sup>. The coaching staff may select specific 8<sup>th</sup>, 9<sup>th</sup> and 10<sup>th</sup> Graders to try-out from 2:00-4:00pm if their play deems for movement to a different level. Selected players will be notified as necessary.
- **8<sup>th</sup>, 9<sup>th</sup> and 10<sup>th</sup> grade** candidates will try-out from 7:30-9:00am Monday, August 13<sup>th</sup> – Thursday, August 16<sup>th</sup> on the Upper Turf and grass soccer fields.
- On Saturday, August 18<sup>th</sup> the **Varsity and JV Reserves (JV1) teams** will play in a 6-team scrimmage at Minnetonka High School where they will play 3 games (8:00-12:30pm). The coaching staff will evaluate this pool of players to gain an even better team placement.
- Additional movement towards any team may take place throughout the season **at any time** to allow for player development and team needs.
- **Goalkeepers** will be evaluated separately based on a 1-5 point system on the following; foot skills, distribution, shot stopping, communication, leadership, and positioning.

11<sup>th</sup> and 12<sup>th</sup> grade players with questions regarding their try-out can meet with the coaching staff on Wednesday, August 15<sup>th</sup> from 4:00-4:30pm and 8<sup>th</sup>, 9<sup>th</sup> and 10<sup>th</sup> grade players can meet with the coaching staff on Thursday, August 16<sup>th</sup> from 9:00-9:30am at the Minnetonka HS Upper Field.

## Women's Soccer Try-out/Pre-Season Schedule and Important Dates 2018

### Monday, August 13th

7:30-9:00am: 8<sup>th</sup>, 9<sup>th</sup> and 10<sup>th</sup> Grade Try-outs (Upper Field and field TBD)  
9:00-10:30am: 11<sup>th</sup>-12<sup>th</sup> Grade and Varsity Returner Try-outs (Upper Fields)  
2:00-4:00pm: 11<sup>th</sup>-12<sup>th</sup> Grade/Varsity Returner + Invited 9<sup>th</sup> and 10<sup>th</sup> Try-outs (Stadium)

### Tuesday, August 14th

7:30-9:00am: 8<sup>th</sup>, 9<sup>th</sup> and 10<sup>th</sup> Grade Try-outs (Upper Field and field TBD)  
9:00-10:30am: 11<sup>th</sup>-12<sup>th</sup> Grade/Varsity Returner Try-outs (Upper Fields)  
2:00-4:00pm: 11<sup>th</sup>-12<sup>th</sup> Grade/Varsity Returner + Invited 9<sup>th</sup> and 10<sup>th</sup> Try-outs (Stadium)

### Wednesday, August 15th

7:30-9:00am: 8<sup>th</sup>, 9<sup>th</sup> and 10<sup>th</sup> Grade Try-outs (Upper Field and field TBD)  
9:00-10:30am: 11<sup>th</sup>-12<sup>th</sup> Grade and Varsity Returner Try-outs (Upper Fields)  
2:00-4:00pm: 11<sup>th</sup>-12<sup>th</sup> Grade/Varsity Returner + Invited 9<sup>th</sup> and 10<sup>th</sup> Try-outs (Stadium)  
4:00pm: Initial JV Reserve (JV 1) and Varsity Team Placements  
4:00-4:30pm: Coaches available to discuss try-outs with players

### Thursday, August 16th

7:30-9:00am: 8<sup>th</sup>, 9<sup>th</sup> and 10<sup>th</sup> Grade Try-outs (Upper Field and field TBD)  
9:00am: 9A, 9B, 10<sup>th</sup>, C-Squad (JV2) Team Placements  
9:00-9:30am: Coaches available to discuss try-outs with players  
9:00-10:30am: Varsity Practice (Upper Turf)  
2:00-4:00pm: Varsity Practice (Stadium)

### Friday, August 17<sup>th</sup>

7:30-9:00am: 9<sup>th</sup> Grade Practices (Upper Field)  
9:00-10:30am: Varsity Practice (Upper Turf)  
9:00-10:30am: 10<sup>th</sup>, C-Squad (JV2), JV Reserves (JV1) Practices (Upper/Lower Grass)  
2:00-4:00pm: Varsity Practice (Stadium)

### Saturday, August 18<sup>th</sup>

8:00-12:00pm: **MHS Varsity Preview** (Centennial, STMA, Lakeville North, Andover, Shakopee)  
8:00-10:30am: **JV Reserves (JV1) Preview**

### Monday, August 20<sup>th</sup>

Team Level practices TBD by Coaches  
5:00-6:30pm: MHS Girls Soccer Kick-Off Picnic (MHS Café')

### Tuesday, August 21<sup>st</sup>

Team Pictures TBD (Varsity, JV, 10<sup>th</sup>, 9A, and 9B)  
11:00am-2:00pm: **Varsity Team Building Event TBD**  
3:00-10:00pm: **Varsity travels to Kasson-Mantorville Scrimmages**

### Wednesday, August 22<sup>nd</sup>

2:00-4:00pm: Varsity Practice/Walk-thru (Stadium)

### Thursday, August 23<sup>rd</sup>

First Kick: **Matches vs. Chaska** (see team schedules for exact levels)

**All Program Soccer Kick-Off Picnic – Monday, August 20<sup>th</sup>, 5:00-6:30pm**

This potluck style picnic is for all families of players in grades 8-12. Coach Hopkins and staff will go over program expectations, team expectations, and highlight the upcoming season. The captains will go over important season information; opportunities to help support the program and get involved, buy apparel, and other ways to prepare for the upcoming season will be part of this event.

**Other Important Dates:**

**Saturday, September 3<sup>rd</sup>**

- Labor Day Practice Varsity only time TBD

**Saturday, September 15<sup>th</sup>**

- Soccer Saturday vs. STMA Varsity, JV1, JV2, 10<sup>th</sup>, 9A, 9B games

**Friday, September 28<sup>th</sup>**

- Homecoming Parade No practices – all levels

**Saturday, September 29<sup>th</sup>**

- Homecoming Game Coon Rapids

**Thursday, October 11<sup>th</sup>**

- Varsity Section Quarterfinals TBD

**Saturday, October 13<sup>th</sup>**

- Varsity Section Semifinals TBD

**Tuesday, October 16<sup>th</sup>**

- Varsity Section Final TBD

**October 17<sup>th</sup>-18<sup>th</sup>**

- Varsity Practice TBD, AM practice TBD on 10/18

**Week of October 22<sup>nd</sup>**

- State AA Soccer Tournament Site and Opponent TBD

**Wednesday, November 7<sup>th</sup>**

- ❖ Soccer Program Banquet All teams

## Women's Soccer Policies/Expectations

### **MISSION**

*To provide an environment that produces excellence on the soccer field, in the classroom, and in life of each individual helping to prepare for future success.*

### **PROGRAM GOALS**

- Be unified, everyone is needed to succeed
  - To develop technically, tactically, physically, and psychologically sound soccer players
  - Achieve academic success
  - Be responsible role models to others
  - Provide leadership opportunities
  - To help people with volunteer opportunities to “give back”
  - To become responsible and productive in the community and society
  - Compete every time, give the team a chance to win
  - Be physically and mentally ready
  - To advance players to play at the collegiate levels of soccer
  - Prepare Everyday to WIN
- 
- **Preparation:** One of our rules is “early is on time and on time is late”. Manage your time and be ready to play before the scheduled time. Have soccer cleats, required shin guards, ball filled with air, soccer socks, black shorts, blue or black training t-shirts at all trainings, and both uniforms for all games. Soccer cleats may not be worn in buildings.
  - **Intelligence:** *Players are expected to follow all MSHSL, Minnetonka High School, and the Minnetonka High School Women's Soccer Program policies. ANY violation will result in consequences assigned by MSHSL and the coaching staff. Refer to the MSHSL guidelines with regard to chemical violations, harassment, and eligibility issues. Captains violating MSHSL rules will automatically lose their captaincy permanently.*
  - **Academics:** Academics are of the highest priority. Soccer is an extra-curricular activity and school takes precedence. The Women's Varsity Soccer Program has been proud that we have maintained at least a 3.5 or higher GPA and expect players to continue this tradition. Players must be passing 5 classes at the end of each quarter and making progress towards graduation to be eligible.
  - **Committed:** Attendance is a priority. If for any reason you cannot attend a practice or a game, contact your level coach **prior** to any missed time. If a training or game is missed, playing time may be drastically reduced. Family issues need to be discussed with level coach. Senior pictures, work, haircuts, vacations, family gatherings, dental appointments, etc... are not considered excused. Schoolwork that needs to be made-up due to an illness or other excused absence will be excused with prior notification.
  - **Honesty:** Evaluate your playing ability and your impact in practice, games, and team cohesiveness. Don't compare yourself to others - no one is identical. Ask yourself how you impacted the game or team within your role on the team? Strive to improve and push yourself to do your best. Be part of a solution, not part of a problem.

- **Responsibility:** Players must talk to their level coach directly regarding any conflict or situation. Our program policy is that parents do not e-mail, call, or contact a coach until the individual player has already spoken directly to a coach. If further discussion is needed, a player must contact the head program coach before a parent contacts a member of the coaching staff, athletic director, or other school administrator. If the conflict/situation is still unresolved, a meeting amongst the player, parent, and the head coach will be determined. Finally, if the conflict is still unresolved, a meeting with all parties and the activities director will take place using a Step 3 Form (see activities dept. regarding this action).

The chain of command for issues/concerns:

- 1) Player → Level Coach
- 2) Player → Head Program Coach
- 3) Player and Parent → Head Program Coach
- 4) Player and Parent → Head Program Coach → AD (Step 3 form)

- **Unified:** The girls program is a collective group. Everyone is important and needed for success. Treat others how they want to be treated and accept each for their differences. Integrity is a vital component of who you are. Your actions on/off the field represent yourself, our program, our school, and our community.
- **Minnetonka High School Women’s Soccer Policies:** Players and parents are to be respectful of all players, coaches, referees, and fans and represent themselves, the program, Minnetonka High School, and the community with the utmost pride and respect. Language, harassment, hazing, chemical violations and any other inappropriate behaviors will not be tolerated and consequences such as limited playing time/suspension will be enforced. Players must adhere to having their cell phones turned off and put away in a safe place during all practices, games, and team meetings. **A player may be asked to leave the program if violations accrue or if violations are detrimental to themselves and/or the program.**
- **MSHSL Policies:** Players are required to abide by the auspices of the Minnesota State High School League. These policies will be discussed at a meeting prior to the start of the season. A violation of any such rule (i.e. using/possessing/buying alcohol, drugs, smoking, hazing) will be enforced to the fullest extent resulting in a player having to be suspended. MSHSL Policies state: the 1<sup>st</sup> violation is 14 days or 2 contests whichever is longer, the 2<sup>nd</sup> violation is 21 days or 6 games whichever is longer, and a 3<sup>rd</sup> violation is 28 days or 12 contests whichever is longer. Upon a violation, the coaching staff may decide to move the player to a different level, sit out, or be removed from the program.
- **Newspaper and Television/Media:** Players should understand the implications of their actions including what is said to media outlets. In most cases, newspaper or television personnel typically do not interview players but on occasion players may be asked to do so. As a reminder, players do not have to answer any questions they feel uncomfortable with and should speak in terms of the team versus individual and never state negative comments or criticisms are acceptable.

- **Social Media:** Social media (Snapchat, Twitter, Instagram, etc...) are sites that people use to discuss a wide variety of topics and share ideas/information. Players shall abide by our social media contract by not posting anything detrimental to themselves, other players, opponents, coaches, fans, and anyone else. Postings that are vulgar, use poor judgment, or cause harm (intentional or unintentional) may have consequences associated with MSHSL and/or Minnetonka High School Rules. **Players should only post team scores or tell of an event (example: Minnetonka High School Varsity 2, Opponent 0. Players shall never put anything including statements or photos about our team that is personal, is about themselves or others personal lives, or inappropriateness that may have future ramifications.**  
Remember, what is posted stays posted and cannot be taken back, even if a player deletes a post or blocks who can view, what was posted may still be possible to view and will never be fully deleted. Furthermore, colleges/work places often screen potential students/athletes and may choose to not to have a person be a part of the team, the college/university, or business upon viewing what a person posted.
- **Program Fee List and Forms:** All required forms must be turned into the activities office prior to participation in any try-out, practice, scrimmage, or game. Forms can be found on the Minnetonka High School Activities website. The activity fee for soccer is \$92 and a onetime participation fee of \$75 paid each school year. Additionally, everyone will need an eligibility form, an emergency card, a transportation release, a Nova Care form, and an up to date physical on file. Please have all forms on file prior to the start of the fall season to avoid any missed try-out times, practices, and/or games.
- **Summer Preparation:** Several opportunities exist for players to help in their preparation for the upcoming season. On our program's website is our off-season program plan that players can access and follow. The program, if followed, will help players with their match fitness, improve foot skills, and prepare for the fall season. The Minnetonka Strength and Conditioning program is also a great way for players to increase their strength, speed, quickness, and reduce the likelihood of injury. Players can also participate in a non-school sponsored soccer program, although this is not mandatory. Optional "Open Soccer" opportunities will also be held throughout the summer in addition to our annual MHS Women's Soccer Camp. Check the website for information for all items listed above including times, dates, and locations.
- **Minnetonka High School Women's Soccer Prep Camp:** The coaching staff offers an annual High School Preparation Camp. The camp will be held the last week of June at MMW and has several purposes; to help players with their individual development, to help our program prepare for the fall season, and to raise funds for our program. More information can be found by going to the girls' soccer website by clicking on ***MHS Camp*** on the top menu. This camp is **not** mandatory but highly recommended, as players will receive technical and tactical activities, injury prevention and fitness/conditioning, coaching 'in the game' scrimmages, and special topic sessions from the varsity coaching staff. Much of the week's focus is spent on technical development, tactical functions, and systems of play. The camp helps players get acquainted to the both the coaches and other players within our program. No evaluation will take place until try outs but feedback is provided for improvement and development.
- **Fitness:** Fitness should be something players commit all year. DO NOT use preseason to get into shape. Bottom line, a player needs to be fit. Being unfit could hinder playing time, impact team placement, and may result in injury. Players are strongly encouraged to participate in the Minnetonka High School strength and conditioning program as well as summer coach/Captain's practices. Forms are available to sign-up in the athletic office. Fitness tests will be used during pre-season to evaluate players (possible tests include a 1 mile run, 1 minute sit-ups, 1 minute push-ups, beep test, and 120's – test explanations listed on website under off-season: <http://mhswsoccer.wix.com/minnetonka-soccer>)



- **Practices:** Once school begins practices are from either 3:00-4:30pm (Stadium Field/Lower Grass Fields) or from 4:30-6:00pm (Lower Grass Fields or Upper Turf Field) determined by team level. Varsity will practice from 4:30-6:00pm (Stadium or Upper Turf Field). It is expected that all players attend practice unless prior notification of an absence was given and approved by the team head coach.
- **Game Schedules:** Minnetonka High School Soccer teams play between 12-16 regular season games including both non-conference and conference opponents. Minnetonka is a proud member of the Lake Conference (including Eden Prairie, Edina, Hopkins, and Wayzata), one of the premier conferences for athletics in the state. For 2018 game schedules go to: [www.lakeconference.org](http://www.lakeconference.org). The Lake Conference plays a home/away schedule. Other levels typically play on the upper soccer fields or lower soccer fields. All levels have the opportunity to play/practice on turf. Additionally, an end of the year section and state tournament is held for the Varsity team. Minnetonka plays in the Section 2AA tournament which includes the following school; Bloomington Jefferson, Chanhassen, Chaska, Eden Prairie, Edina, Prior Lake, and Shakopee.
- **Team Travel:** All players are expected to ride the bus to/from games with little to no exceptions. A player may be allowed to travel home only with a parent/guardian under a special circumstance and when prior notification was made beforehand with the team head coach. Contact team level coach prior to travel date. Appropriate behavior is expected on all away games, as riding the bus is a privilege not a right. Players must keep noise level and distractions down to a minimum and stay focused on the purpose of their travel. Players may listen to personal music to/from games with team music allowed only on the way home from a game at the discretion of the head team coach.
- **Athletic Trainer:** Minnetonka High School will have a trainer available during the week of try-outs, after school during the school year, and at all Varsity home games. Players are required to seek out a trainer upon injury and must schedule check-ins upon an injury while following the protocols set forth helping one return to playing. A player must submit a physician's note to return to playing or practicing after an injury occurs that makes a player have to sit out of practice(s) or games (i.e. concussion, ACL, ankle injury, etc....). Concussion protocol requires players to notify the Minnetonka High School athletic trainer as well as receiving written clearance from a Certified Health Care Provider to allow the injured player back to practicing or playing in games.
- **Roster Limits:** Our program is limited to the number of players that can be taken. With that said, cuts may be made to meet school district limits. A player who is cut will be granted a full refund. The varsity team will be limited to the top players approximately 16-18 players. Some players may move between levels for practices and/or games. The final varsity section roster will be made up of the top 20-22 players that the coaching staff feel will help the team advance in section and state tournament play. Throughout the season player movement may occur helping an individual, the team, and the program become successful.
- **Playing Time:** Playing time is a coach's decision that will be determined on criteria such as ability/skill, attitude, attendance, game impact, and effort. The philosophy for non-varsity levels is development and for varsity preparation. Varsity playing time is limited to the top players and some players may not play in games depending on the situation. Team rosters may change throughout the season depending on the type of game that is being played and/or how an individual has performed against competition. **Parents are implored not to discuss playing time with the coaching staff, as this is a player's responsibility.**

- **Communication:** The Minnetonka High School Women's Soccer Program uses e-mail to contact families and players helping to communicate program information. A website has been created that allows information to be accessible. This site can be found by going to <http://mhswsoccer.wix.com/minnetonka-soccer> where a menu at the top can help you navigate information regarding our program; schedules and scores, photos, videos, off-season, MHS Camp information, program history, alumni, news, updates, and maps to games. Please bookmark and check periodically
- **Equipment:** ***ALL soccer players must use NOCSAE approved shin guards.*** NFHS rules will be enforced this fall. Shin guard size is determined by the length of a player's shin and **MUST HAVE THE ORIGINAL NOCSAE SEAL PERMANENTLY ON THE FRONT OF THE SHIN GUARD LISTING HEIGHT RANGE.** A player may be disqualified from a game and the coach and/or player will receive a yellow card if not properly equipped. If a player chooses to wear sliders in games they must match their teammates color.
- **Uniforms:** Uniforms (shorts and jerseys) are issued when team placements are determined. Varsity players will also be issued a team jacket and team backpack to borrow for the fall season. All players will need to provide their own pair of socks (royal blue/away and white/home). Nike socks will be made available to purchase at a discounted price at the beginning of the season. It is the responsibility of the individual player to see that all borrowed equipment is returned in good condition. Items that are lost, damaged, or not returned will need to be replaced at the player's expense. Players also will wear practice shirts (blue or black), black shorts, and white socks during all practices. Players will be given the chance to purchase these items at our annual kick-off picnic. The prices of jerseys and shorts vary according to each team level and are typically higher than retail due to replacement, embroidery, numbers, and shipping/handling costs. Please be aware of this and take care of Minnetonka High School Women's Soccer items and return in good condition for future use. Parking permits, grades/transcripts may not be granted to those failing to return all items.
- **Event Fees:** Admission to any JV Reserve (JV1), C-Squad (JV2), 10<sup>th</sup>, and/or 9<sup>th</sup> grade games are free. Varsity games charge admission. The event fee for adults is \$7 & \$5 for students.
- **Pictures:** Individual and team pictures will be taken on Tuesday, August 21<sup>st</sup> during player's morning practices. A picture schedule for each team level will be determined the week prior. Photos will be used in our soccer program and for other promotions. Players are expected to be present for their photo shoot. Additionally, players will be given the opportunity to purchase individual and team photos.
- **Ambassador Program:** Minnetonka High School Women's Soccer and Tonka United have formed a partnership encouraging our high school players to give back and provide leadership and role modeling to Tonka United youth girl soccer players. This program will allow young girls the opportunity to be coached and mentored by players in our program and have an enjoyable and positive experience. Players will be given the opportunity to apply for volunteer positions to help out with Tonka United rec and travel teams depending on needs and what best matches for players and programs. Volunteer time may not occur on game days and may not interfere with practice times.
- **Lettering Criteria:** A letter is awarded to varsity players who have contributed to a minimum of 3 varsity games whether on the bench or during a game. This includes sections and state tournament games. Excluded are scrimmages. Seniors who have contributed to the program for 3 or more years and play on the Junior Varsity (JV) finishing the season in good standing will also be awarded a letter.

- **Awards: Conference, Section, and State coaches vote on All-Conference, All-Metro, All-American, Senior Classic Players, Ms. Soccer, and Star Tribune Player awards.** Team awards are chosen by player votes. Team award categories include MVP, MIP, Rookie of the Year, and the Skipper Award. Academic awards are given to individuals and to teams upon certain requirements.
- **Fundraising:** All fundraising events and activities are generated, organized, and carried out by the players and parents. Fundraising helps necessitate items helpful to enhancing our program. The captains and parents typically head up such projects. Details will be provided as to what type of activities will take place.
- **Banquet:** The end of the season banquet is an occasion where players, parents, cheerleaders, coaches, administrators, and fans gather to celebrate. The date is tentatively scheduled for November 7<sup>th</sup> at a site TBD. Season awards, highlights, and player recognition including memories and farewells are shared. The cost of the evening is partially subsidized through fund-raising activities.
- **Leadership:** Leadership is a key aspect within our program and the development of young woman. One of the main staples of our program's beliefs are to develop players on the field, off the field, in the classroom, and in life so they are prepared to accept the challenges they will face and can thrive as future leaders. Additionally, team captains(s) will be selected to further help with this endeavor.
- **Captain(s):** The previous season's varsity team members, through a voting process, and the coaching staff's input select team captain(s). Players should be elected for their leadership, commitment, role modeling, influence, and ability to represent the girls' soccer program in a manner that is of the highest standard. Players on the section roster will be allowed to vote at season's end. Between 1-3 captains are selected who will be seniors, although a captain could be selected regardless of their previous varsity experience(s) and grade level. Leadership is embedded into our soccer program's curriculum and all players will receive opportunities to gain confidence, develop a voice, and learn. Those selected as a captain will be provided additional training via the coaches, through a Captain's Council run by the Minnetonka High School Activities Department, and workshops with other captains within the Lake Conference from a variety of sports.
- **Captain's Responsibilities:** Captains are leaders who epitomize how one should act and represent the Minnetonka High School Women's Soccer Program. They are expected to serve striving to be inclusive to others showing integrity and holding the ideals and beliefs of an outstanding citizen. *Captains violating MSHSL rules once selected will automatically lose their captaincy permanently.*
  - Participation in leadership meetings, seminars/workshops
  - Visits to middle schools to help promote high school soccer
  - Be a link between coaching staff and players helping with team management
  - Planning team events (dinners, picnics, gatherings, etc...)
  - Attend off-season workouts (camps, trainings, fundraising events)
  - Providing leadership to players, the team, and the program
  - Assist with practices, warm-ups, and summer workouts
  - Representing the team, MHS, and community in a positive and professional manner and abiding by all MSHSL and Minnetonka High School policies
  - Arranging post season banquet, secure volunteers, help with fundraising
  - Provide insight into team morale, motivation, and psychological aspects throughout the season with other players and the coaching staff

- **Captain’s Parents’ Responsibilities:** The parents of our captains play a vital role in contributing to the success of our soccer program. The main responsibility is to help support many of the behind the scene activities. One may find some areas to be their particular domain, but other responsibilities may be shared with other parents and players. Duties may include:
  - Helping to keep accurate financial records of soccer fundraiser accounts
  - Organizing, planning, and involvement in fundraisers
  - Transitional meeting with previous year’s parents
  - Arranging and planning pre and post-season banquet
  - Securing volunteers: (i.e. video taping of games, concessions, ball kids, etc...)
  - Organizing and implementing Senior Night, Soccer Saturday, and other events
  - Liaising between other parents and coaches
  
- **Parents Responsibilities:** Parents/guardians are imperative to helping their daughter(s) develop to become the best person possible. Parents can do this by being supportive, offer encouragement, and help in a positive manner. **Parents are implored not to criticize their own daughter, teammates, referees, coaches, or opponents.** Nor should they put down others or try to critique decisions made by the coaching staff. Players are responsible for their actions and must take the responsibility to communicate with the coaching staff with regards to issues or concerns first. The coaching staff will not discuss other players with parents. Please be respectful and help be a fan of the game, each person, each team, our opponents, the referees, and our program. Parents that exhibit behavior that is negative, detrimental to the ideals of our women’s soccer program, or are harmful may be asked to not attend events/games associated with the program and may be asked to meet with the Activities Director or Principal if issues are deemed persistent or detrimental to the welfare of student-athletes and/or our program.
  
- **Minnetonka High School Striker Booster Club:** This 401C booster club represents the Minnetonka High School Women’s and Men’s Soccer Program and helps promote, fundraise, secure volunteer efforts, and provide further support for the soccer programs (girls and boys) at the high school collectively. The Striker Club actively recruits volunteers and elects board members to help make many of our administrative and programming efforts for soccer at Minnetonka High School successful. The elected board meets approximately 2-3 times during the off-season and 3-4 times during the season depending on the needs of our programs. To find out more information regarding the Striker Club go to: <http://www.minnetonkaskrikerclub.com/>
  
- **Coaching Staff**

Head Varsity Coach:	Jeff Hopkins	<a href="mailto:mhswsoccer@gmail.com">mhswsoccer@gmail.com</a>
Varsity Assistant Coach:	Scott Storlie	
Varsity Assistant Coach:	Sarah Wheeler	
JV Reserve (JV1) Coach:	Steve Nugent	
C-Squad Coach:	Paul Olson	
10 <sup>th</sup> Grade Coach:	TBD	
9A Coach:	Kate Ohrt	
9B Coach:	TBD	
Trainer:	Molly Yokiel	<a href="mailto:molly.yokiel@allina.com">molly.yokiel@allina.com</a>