

# Sabre Soccer Program Pre-Season Meeting



The Sutherland Sabre Soccer Program is ready to kick-off for 2019! We want to build on the program success of past seasons in terms of participation, results, and positive player experience. It is important that players are aware of the expectations going into the season so they can make a conscious commitment to being a part of this program direction.

## Philosophy & Goals:

The central goals of the program are:

1. To represent Sutherland with **school spirit** and **positive energy**, and **for players to enjoy playing soccer with their school peers.**
2. To field competitive teams at Junior and Senior levels and make every **reasonable effort to be as successful as possible.**
3. To encourage **maximum participation and opportunity** by fielding as many teams as possible and finding spots for as many players as possible who are willing to commit.

## Team Formation:

The teams will be formed with the following in mind:

**Senior team:** the competitive senior team is the flagship team in the program. Coaches Birt & Hockley will attempt to build the best squad possible while allowing for senior players to get the first opportunity at tryouts. Junior players can only win spots on the squad if they have the capability of playing significant minutes. Junior players may also be moved up during the season in accordance with the *Playing Up Policy*. This team will require a significant time and commitment level. The season has 6-10 league games, possibly a tournament as well as the possibility of provincials. It will be a minimum of 3 days a week from now until at least the middle of May.

**Junior team:** this competitive junior team is composed of only junior players (grade 8-10) Coach will attempt to build the best squad possible while at the same time prioritizing player development and participation. There is a two day tournament on the North Shore for this team. Players on this team may be asked to play up during the season.

## Tryout Criteria:

The tryout process is a tough one and is competitive with so many athletes vying for spots. We will do our very best to place you on a team you can contribute to and have fun with. During team selection, players will be evaluated in the following four criteria areas:

1. **Attitude (Positive, Team Mentality, Goals)**
2. **Effort (Attendance, Commitment, Work Ethic)**
3. **Ability (Talent, Skills, Conditioning)**
4. **Team Fit (Position, Maturity, Composition, etc.)**

**Tryout Logistics:** We are holding tryouts at the end of February and start of March – exact dates to be announced. Meet on the turf field in gear rain or shine. Organize a proper warm-up that everyone can do TOGETHER! Athletes still involved in Winter sports are to fulfill their winter commitment first. It is your responsibility to communicate with Mr. Hockley or Mr. Birt if you will be missing any tryouts for any reason. Remember, if you don't have a valid reason for absence and we don't see enough of you – it would be very hard to justifying placing you on a team ahead of someone who has been at all tryouts even if you consider yourself a "better player". (See #2 and #4 on the tryout criteria above!)

## **Other Tryout Tips:**

- Try your hardest, and always be a positive influence on the field.
- Be respectful to your teammates. Play hard but fair.
- Play “your” game: show us the player you are during the tryouts – play in the position you are comfortable in and don’t try to do things you do not normally do.
- Come prepared to play on time. Take leadership by helping to get things started.
- Be at all tryouts and come prepared to play on time. If you cannot attend one of the tryouts for a valid reason make sure to talk to Mr. Hockley. Writing a note or e-mail is best.

**Training Sessions:** Training is important – it is a chance for us to come together as a team and be a unified force rather than just a group of talented individuals. Training is a coach’s classroom and the games are our exams. These games are held in public so that everyone can see how hard we have worked in our “classroom.” As coaches we feel that every minute of training is valuable, and practices are organized on that principle. Sometimes they are fun, but often they are hard work so that we can have “fun” by being successful in games. Training for school soccer may be quite different than for club teams. We will not be emphasizing cardio and skill development. We will focus on coming together as a team and functioning on the field as a team. Some simple practice rules are:

- **ATTEND ALL PRACTICES AND TRYOUTS – COMMUNICATE WELL WHEN YOU CAN’T ATTEND**
- **BE PUNCTUAL FOR ALL PRACTICES**
- **DRESS APPROPRIATELY FOR PRACTICE & HAVE ALL NECESSARY EQUIPMENT AT THE FIELD (SHIN GUARDS, WARM AND DRY CLOTHING, AND YOUR WATER TOO!)**
- **USE ALL PRACTICE TIME TO YOUR ADVANTAGE**
- **WORK HARD AT ALL PRACTICES – TRAIN THE WAY YOU PLAY**

**Sign-up & Registration:** Any player who intends to tryout or wishes to be considered for this year’s teams, must sign-up online and return the below informed consent. The online registration only makes us aware of your interest and does not commit you to playing. Sign-up will take only a few minutes. It is posted on the Sutherland website under sports or you can click -> [Soccer Registration](#)

**Safety:** There is a degree of risk in all daily activities. Soccer is a sport with inherent risks and potential consequences. During the tryout process, the school coaches and all volunteers will do their best to limit the risk and emphasize safety. Student-athletes are always able to opt out of any activity they feel they are not able to complete safely. Upon selection to one of the teams, students will be given a much more detailed informed consent form (amongst other paperwork) for parents to read and agree to.

**Final Information:** We have the above philosophies and expectations in order to build the soccer program at Sutherland and create as good an experience as possible for players. Please feel free to ask for clarification on any of the above points. We would rather you ask now than get into the season not understanding what is expected of you. If you have questions please find **Mr. Hockley** in the Main Office, or he can be reached at: **(604) 903-3500** or [GHockley@SD44.Ca](mailto:GHockley@SD44.Ca) Thank-you, good luck at tryouts, and let’s all have a great season!

----- *Return to Mr. Hockley prior to the start of tryouts* -----

### **Permission and Informed Consent to Tryout**

I have read the tryout information including the section on inherent risk of this sport and I give my consent to allow my daughter to attend 2019 tryouts for the Sutherland Soccer Program. This may include drills, scrimmages, and exhibition games with other school’s teams. I have attached any relevant medical concerns related to soccer tryouts (only needed if applicable.) The tryouts will occur from now until March 10, 2019. Student-Athletes will be mainly doing small-sided scrimmages and possession drills during the first two days. We will be organizing some exhibition games in the second week. (Dates TBA)

\_\_\_\_\_  
Student Full Name

\_\_\_\_\_  
Parent/Guardian Name

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date