

Hello all,

I just wanted to send out a quick email introducing myself. I am coach Lauren and the new Varsity girls soccer coach. Let me start by saying it is an HONOR to be a part of the program that meant so much to me throughout my high school experience. I am excited to meet all of you and see what this season has in store for all of us.

I am a 2013 Lake graduate. I was a part of many clubs and extra curricular activities but the one that left the biggest impact on my life was Girls Varsity Soccer, where I spent 4 years. Throughout my time with the program we had a lot of success but more than that, formed bonds like no other. My family has remained a big part of LHS where my dad, Brian Reed, has coached for 15 years and also works, 2 of my siblings have since graduated from Lake and 1 of my brothers will be a senior this upcoming year. I take a lot of pride in the Lake community and am excited to continue to pour into it.

I have coached high school soccer going on my 5th season where I spent 2 years as a head coach at Woodmore and going on my 3rd season as the assistant coach for our boys program. I have a lot of knowledge surrounding Ohio high school athletics and can ensure you I take this position very seriously. I am very familiar with rules and guidelines. I know a lot of you have heard/had questions about what I am doing with the boys program. The plan is for Coach Brian and myself to run both programs with the possibility of bringing on another assistant that would assist both teams. This position was brought up to me as a possibility months before I interviewed for it and I would have never considered taking it if I didn't think I could dedicate an appropriate amount of time to both programs. I have already put together practice/game schedules, summer calendars, etc. I have never been a part of the girls program at Lake where we didn't have a winning season and I fully intend to work as hard as I can to strive to get back to that.

I have a "work hard and see results" philosophy and truthfully believe that we are capable of doing anything we put our minds to but that nothing is handed to us.

During my "free time", I am a wife to my husband Tyler and a mama to my 2 beautiful babies, Luke and Taytum (which I am sure you will get to know and hopefully love). I am a full time administrative assistant at GenoaFinancial which is the investment division of GenoaBank where I have worked for going on 4 years. I am extremely dedicated to my church, Athens Missionary Baptist Church in Walbridge. I love spending time with my family and friends, camping and traveling mostly! I am an AVID Michigan Wolverine and Pittsburgh Steeler fan.

If you have any questions or concerns at all, please feel free to email me at laurenreed13@gmail.com OR lauren.colangelo@lakeschools.org.

I am so excited for this season to begin!

Lauren Colangelo

Lake Girls Varsity Soccer Head Coach

Lake Boys Varsity Soccer Assistant Coach

June 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 OFF
2 OFF	3 6-730	4 6-730	5 OFF	6 6-730	7 OFF	8 OFF
9 OFF	10 6-730	11 6-730	12 OFF	13 6-730	14 OFF	15 OFF
16 OFF	17 6-730	18 6-730	19 OFF	20 6-730	21 OFF	22 OFF
23 OFF	24 6-730	25 6-730	26 OFF	27 6-730	28 OFF	29 OFF
30 OFF						

EVENTS

** SCHEDULE IS SUBJECT TO CHANGE

These days will consist of conditioning, strength training, and open fields. Not mandatory but encouraged.

July 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 6-730	2 6-730	3 OFF	4 OFF	5 OFF	6 OFF
7 OFF	8 6-730	9 6-730	10 OFF	11 6-730	12 OFF	13 OFF
14 OFF	15 6-730	16 6-730	17 OFF	18 6-730	19 OFF	20 OFF
21 OFF	22 6-730	23 6-730	24 OFF	25 6-730	26 OFF	27 OFF
28 OFF	29 6-730	30 6-730	31 6-730			

EVENTS

** SCHEDULE IS SUBJECT TO CHANGE

These days will consist of conditioning, strength training, and open fields. Not mandatory but encouraged.

August 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 TRYOUTS 6-730	2	3
4 OFF	5 PRACTICE 6-730	6 PRACTICE 6-730	7 PRACTICE 6-730	8 RIVERDALE @ HOME 7PM	9 PRACTICE 6-730	10 OFF
11 OFF	12 PRACTICE 6-730	13 PRACTICE 6-730	14 PRACTICE 6-730	15 PRACTICE 6-730	16 PRACTICE 6-730	17 OFF
18 OFF	19 PRACTICE 6-730	20 PRACTICE 6-730	21 GENOA @ HOME 7PM	22 PRACTICE 6-730	23 PRACTICE 6-730	24 @ SHAWNEE 1PM?
25 OFF	26 PRACTICE 6-730	27 PRACTICE 6-730	28 @ OAK HARBOR 5PM	29 PRACTICE 6-730	30 PRACTICE 6-730	31 BG @ HOME 10AM

**** SCHEDULE IS SUBJECT TO CHANGE**
PRACTICES ARE NOW MANDATORY.

EVENTS

LHS GIRLS SOCCER 2024

Our motto for the boys program that we will be bringing to the girls program is “Hard work beats talent when talent doesn’t work hard.” I truthfully believe that we are capable of anything if we are willing to put the work in.

This is our tentative summer schedule. All dates and times are subject to change. It is your responsibility to pay attention to days and times that we will be meeting. If there are any changes, you will be notified in advance via Final Forms. PLEASE check your school emails DAILY as that will be the only way we will communicate. PLEASE MAKE SURE YOU HAVE PROPER ACCESS TO FINALFORMS AS EARLY AS POSSIBLE!!

THESE DATES ARE NOT MANDATORY BUT THEY ARE HIGHLY ENCOURAGED.

We currently have a few preseason tournaments in the works, more information to follow.

Starting August 1st, ALL practices, games, etc are MANDATORY. This is a state of Ohio rule, not a LHS rule. Please refer to the LHS Athletic Handbook for consequences of UNEXCUSED ABSENCES. These rules are set to maintain the integrity of our program.

In addition to these scheduled conditionings and practice times, be on the lookout for a nutrition guide and at home strength and conditioning packet on the school website. Varsity sports require work. If we put in the work, we get the results. Much like in life, we are not handed anything. Playing a high school sport, you must be disciplined. It is our job as coaches to prepare you for not only soccer but LIFE. We are only in control of things we can control. Together we will be faced with adversity, conflicts, change, ups and down, wins and losses. We can not dictate this seasons success by our record, individual goals, team goals, etc. How we overcome situations, grow, learn, and adapt to change will determine what kind of season we can prepare for. We must create an atmosphere that is based on principles and character over emotions. What kind of legacy do you want to leave? How do you want this season to be remembered? Attitude is important. Effort is important. How you treat people is important. These are all things that will make this season great.

I am looking forward to a great season and as always, go Flyers!



NUTRITION

FOR THE SOCCER STUDENT-ATHLETE



PHOTOS FROM NCAA PHOTOS ARCHIVE AND SHUTTERSTOCK

I want to improve my speed and endurance so I can get more playing time. My friends told me that it would be healthier for my body if I avoid gluten and dairy, but now I don't know what to eat!

Student-athletes hear many misconceptions about nutrition and performance. Soccer is a physically demanding sport that requires strength, speed, agility and endurance. Unlike many team sports, soccer players sometimes play the entire 45 minutes of each half without a substitution. During this time, the athlete is continuously moving, running and sprinting. Without proper fuel, soccer players will not be able to maintain a high level of performance.

Information presented by



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FUELING THE SOCCER STUDENT-ATHLETE

"I don't have time to eat" and "I didn't know what to eat, so I just didn't eat," are common excuses among student-athletes when they first arrive at college.

Eating breakfast within an hour of waking up is essential for energy balance, recovery and weight maintenance.

To properly fuel the body, a student-athlete's day should focus on six fueling times:

- **Snack before morning training:** Slice of wheat bread and peanut butter.
- **Recovery drink post-workout:** Low-fat chocolate milk and banana.
- **Breakfast:** Two scrambled eggs; ¾ cup oatmeal with cinnamon, berries and walnuts; and Greek yogurt with granola.
- **Lunch:** Deli meat sandwich on wheat bread, pretzels, fruit and yogurt and 20-ounce sports drink.
- **Pre-practice snack:** Trail mix, banana and sports drink.

- **Dinner:** Lean protein, nutrient-dense carbohydrate (whole grains, vegetables and fruits) and low-fat dairy.

Hydration is another vital aspect of nutrition that soccer players must pay attention to. The best way to make sure you stay properly hydrated is to practice how you play. Remember to drink water and a sports drink before, during and after practice so you will train your body to do the same for competitions.

PRESEASON PHASE

Preseason is the time when "champions are made." At the collegiate level, training from January to May can be considered preseason. This is when you might make changes in your nutrition plans to gain muscle, lose fat and prepare your body for the upcoming season. Strength training is usually heavier during this phase. During this phase, it is important to choose nutrient-dense foods and avoid mindless snacking.

Gaining Muscle and Losing Fat During the Preseason

- Focus on recovery nutrition within 30 minutes of each strength and conditioning session.
- Avoid excess calories from alcohol, sugary juices and processed snacks.
- Eat for your activity. On light days, decrease snacks and portions. On heavy training days, choose nutrient-dense snacks (nuts, trail mix, 2 percent milk string cheese, peanut butter and fruit) and include carbohydrate and protein with each meal.
- Quench your thirst! Adults often mistake thirst for hunger, so drink water throughout the day.
- Include lean protein with each meal and snack: chicken, turkey, pork or beef tenderloin, fish, canned tuna, edamame, deli meats, hummus, peanut butter, nuts and seeds.
- Choose complex carbohydrate more often: sweet potatoes, brown rice,



HYDRATION FOR SOCCER STUDENT-ATHLETES

2-3 hours before exercise: Drink 17 to 20 ounces of water or sports drink.

10-20 minutes before exercise: Drink 7 to 10 ounces of water or sports drink.

During exercise: Drink 3 to 6 ounces of sports drink every 20 minutes.

Post-exercise: Drink 24 ounces of water or sports drink for every pound lost, and within two hours drink enough to replace any weight lost from exercise.



whole wheat breads, whole wheat pasta, and quinoa.

- Choose a variety of fruits and vegetables.
- Choose healthy fats such as olive oil, flaxseed, avocados, seeds, nuts and nut butters.

COMPETITION PHASE

During the regular season, soccer players must be able to recover quickly and fuel their bodies properly. Typical games take place on Friday nights and early Sunday afternoons. This is a short turnaround period for your body to recover. Food choices should be used to help aid in recovery and replenishing lost glycogen stores.

Top 10 Anti-Inflammatory Foods for Soccer Student-Athletes

1. Salmon
2. Walnuts, almonds and other nuts
3. Beets
4. Berries
5. Dark leafy greens
6. Whole grains
7. Olive oil and flaxseed oil
8. Tart cherries
9. Soy beans
10. Low-fat dairy

Competition Weekend Meals

Friday's pre-match meal should be eaten three to four hours before the



match and consist of high carbohydrate, moderate protein and moderate fat. This could be a spinach salad, dinner rolls, beef tenderloin, chicken pesto pasta, roasted potatoes, steamed broccoli, fresh fruit, sports drink and low-fat milk.

Friday's post-match recovery meal should provide soccer athletes with lean protein, carbohydrate, vitamins and minerals. An example might be a burrito with chicken, black beans, avocado, vegetables, shredded cheese, sports drink and water.

Saturdays are recovery days. Take advantage of this day and don't use it to sleep and stay still all day. It's important to eat regular meals, drink fluids and snack to prepare for the game Sunday.

Sunday mornings can determine whether your team wins or loses. Be sure to eat an appropriate breakfast three to four hours before the match. This meal could include oatmeal with fruit and nuts, egg omelet with vegetables and ham, fruit and yogurt, orange juice and sports drink. Because you will not eat again until after the game, you should consume some type of snack on the way to the match, such as a peanut butter and jelly sandwich, smoothie, granola, dry cereal, granola bar and plenty of sports drink for hydration.

After the match Sunday would be the time to relax and treat yourself to something you simply enjoy eating.

CHAMPIONSHIP/ POSTSEASON PHASE

The postseason — the period from November and December to early February — includes the holiday

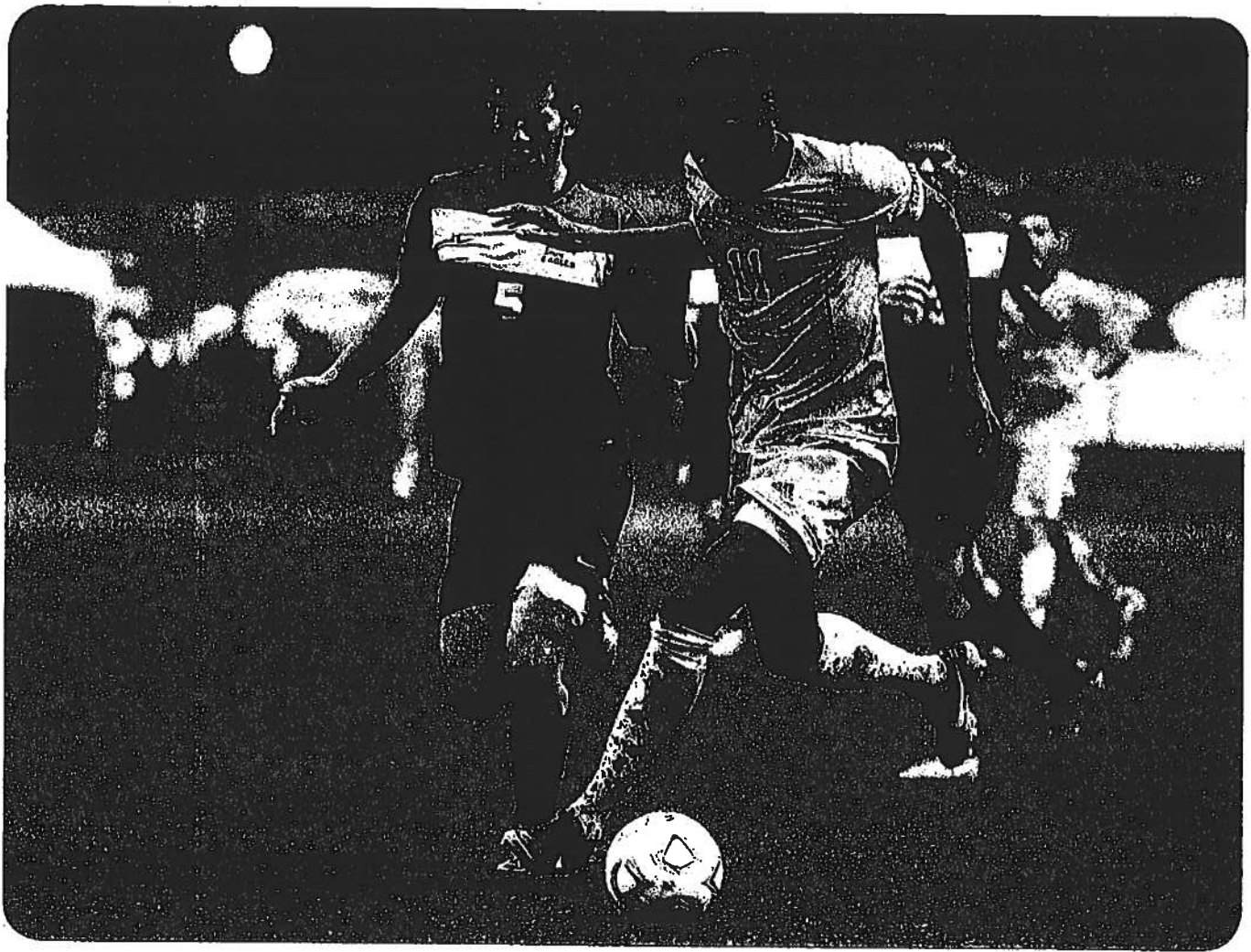
seasons, which can be tricky for athletes. One bad meal won't ruin the benefits derived from months of training, but eating poorly throughout this time can make the preseason much more difficult. Eating poorly and overeating can change your preseason goals from gaining muscle and improving technique to getting back in shape and losing fat.

Holiday Meal Tips for Soccer Student-Athletes

- Watch what you drink! Juices, sodas, alcoholic beverages and eggnog can really add up in calories.
- Do not starve yourself all day. This promotes overeating later in the day.
- Eat a light snack before going to a holiday party.
- Use a smaller plate to encourage smaller portions.
- Survey the scene. Look at everything before you make your choices.
- Stay active. Play board games, go for a walk or take the soccer ball outside with the family.
- Choose one dessert, not a plateful.
- Still hungry? If you want seconds, choose lean protein and vegetables.
- Make your plate colorful. If you look down and all you see is brown, you're missing those lower-calorie, higher-nutrient foods. Add sweet potatoes, steamed broccoli, cranberries, etc.
- Watch out for the extra stuff. Gravy, butter, syrup, whipped cream and sauces add up.

OFFSEASON PHASE

The offseason is the period from December and January to May, June or July, when soccer athletes are on their own. It is tempting to use this time to fully relax and disconnect from the



soccer world. However, eating well and staying active during the offseason will help athletes to return to play with more strength and endurance, making the transition to the preseason much easier.

The goals of offseason nutrition are:

- Compensate for the differences in lifestyle and training during the offseason by adjusting nutrient intake.
- Recognize that changes in body fat and weight may occur and be aware of appropriate changes.
- Create a balance between training volume and nutrient intake.

Nutrition is an important piece of the puzzle often overlooked by young soccer players. In addition to making poor food choices, both male and female soccer players often under-fuel or over-fuel themselves. Under-fueled soccer players feel lethargic, have decreased reaction time and speed, and lose muscle and fat. Poor nutrition choices in combination with a low-energy intake can also put a female soccer player at risk of iron deficiency. Soccer players who over-fuel may feel sluggish, have decreased flexibility and speed, and gain more fat than muscle.

TOP 10 NUTRITION RULES FOR FUELING SOCCER PLAYERS

1. Eat minimally processed foods. Limit foods with added sugar, trans fats and saturated fat.
2. Eat a rainbow. Choose a variety of fruits and vegetables.
3. Choose lean proteins. Have lean protein with each meal.
4. Choose healthy fats. Include healthy fats such as olive oil, flaxseed, fish, avocados, nuts and seeds.

5. Choose Whole-Grain Carbohydrates. Whole grains are rich in fiber and nutrients that fuel your body.

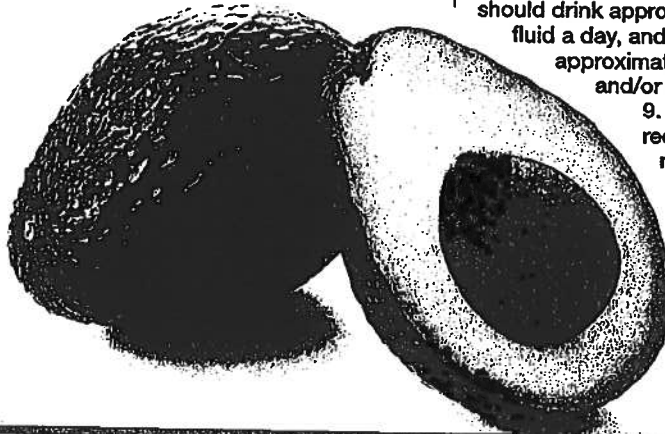
6. Eat breakfast every day. "Break the fast" and kick-start your metabolism with protein, carbohydrates and fluids.

7. Fuel for your training. Don't skip meals.

8. Stay hydrated. Dehydration equals decreased performance! Women should drink approximately 2.7 liters of fluid a day, and men should drink approximately 3.7 liters of fluid and/or sports drink a day.

9. Recover. Have a recovery drink with a 4-1 ratio of carbohydrate to protein within 30 minutes of exercise. Eat a balanced meal within two hours.

10. Sleep. Get six to eight hours every night to ensure proper recovery.



2024/25 HS GIRLS SOCCER SCHEDULE - subject to change (01/10/24)

Day	Date	Team	Opponent	Place	Time	Scores
Saturday	08/17/24	GSO	Central	HOME - Turf	7:00 PM	
Wednesday	08/21/24	GSO	Genoa	HOME - Turf	7:00 PM	
Saturday	08/24/24	GSO	Shawnee	Shawnee	3:00 PM	
Wednesday	08/28/24	GSO	Oak Harbor	Oak Harbor	5:00 PM	
Saturday	08/31/24	GSO	Bowling Green	HOME	10:00 AM	
Wednesday	09/04/24	GSO	Eastwood	Eastwood	7:00 PM	
Saturday	09/07/24	GSO	Swanton	HOME	10:00 AM	
Wednesday	09/11/24	GSO	Northwood	Northwood	5:00 PM	
Saturday	09/14/24	GSO	Woodmore	HOME - Turf	7:00 PM	
Monday	09/16/24	GSO	Springfield	HOME	5:00 PM	
Wednesday	09/18/24	GSO	Otsego	Otsego	5:00 PM	
Saturday	09/21/24	GSO	Wauseon	HOME	5:00 PM	
Wednesday	09/25/24	GSO	Rossford	Rossford	5:00 PM	
Saturday	09/28/24	GSO	Ottawa Hills	Ottawa Hills	10:00 AM	
Monday	09/30/24	GSO	Van Buren	Van Buren	5:00 PM	
Wednesday	10/02/24	GSO	Maumee	HOME - Turf	7:00 PM	

There are nine weeks from June 1 to August 1. In this time, it is suggested the workouts I've given to you be done. Though not mandatory, this training will serve you better when we begin practice on August 1.

Weeks 1-3

Speed training one time per week

Hard 30 minute run twice per week

Summer skill and conditioning program(SCP)one time per week

Weeks 4-6

Speed program twice per week

Hard 30 minute run one time per week

SCP twice per week

Weeks 7-9

Speed program twice in week 7, once in weeks 8 and 9

Hard 20 minute run twice per week

SCP twice per week

It would be advantageous to do a long run(s) on the days you do the SCP.

I understand you are teenagers and have lives. I used to be one also. If you wish to challenge yourself over the summer, you will do this program. It is not an all-day event. Again, I cannot make it mandatory, but it is just suggested so we are in shape at the start, middle and end of the season.

Summer Speed Program

This program will provide us with an anaerobic fitness base, allowing our team to sprint for 80 minutes and still have legs for the next day's practice and upcoming matches. This will not help with long distance endurance (which will also be encouraged to work on over the summer), but in our system of play it will be critical to be able to sprint continuously.

Some suggestions:

Go all out! Do not pace yourself

Take the entire rest period (not less!)

Focus on driving your knees and pumping your arms; we want explosive, powerful starts

WEEK 1

June 1-5
8x20 yds
8x40
6x60
5x80
4x100
1 time per week

WEEK 2

June 6-12
10x20 yds
10x40
8x60
7x80
5x100
1 time per week

WEEK 3

June 13-19
12x20 yds
12x40
10x60
8x80
6x100
1 time per week

WEEK 4

June 20-26
14x20 yds
14x40
12x60
10x80
6x100
2 times per week

WEEK 5

June 27-July 3
15x20 yds
15x40
13x60
11x80
6x100
2 times per week

WEEK 6

July 4-10
18x20 yds
18x40
14x60
12x80
8x100
2 times per week

WEEK 7

July 11-17
18x20 yds
18x40
14x60
12x80
8x100
2 times per week

WEEK 8

July 18-24
20x20 yds
20x60
15x60
12x80
8x100
1 time per week

WEEK 9

July 25-31
20x20 yds
20x60
15x60
12x80
8x100
1 time per week

Rest Period Weeks 1-5

30 seconds for 20s
45 seconds for 40s
60 seconds for 60s
75 seconds for 80s
90 seconds for 100s

Rest Period Weeks 6-9

20 seconds for 20s
30 seconds for 40s
45 seconds for 60s
60 seconds for 80s
75 seconds for 100s

Summer Skill & Conditioning Program

Ball Control and Agility

1 minute - Jog while dribbling ball with quick touches, changing direction and speed. Do this in a confined space where many changes and touches are necessary.

1 minute - Head juggling

1 minute - Throw ball up, jump and while you are in the air, trap the ball with your head, settle the ball to your feet, and move off quickly- repeat.

1 minute - Thigh juggling

1 minute - throw ball up, jump and while you are in the air, trap the ball with your chest, settle the ball to your feet, and move off quickly- repeat.

1 minute - Foot juggling with no spin on the ball.

2 minutes - Starting in a sitting position, throw ball up, get up and stop the ball before it hit's the ground, settle it to your feet, and move off quickly- repeat using head, chest, each thigh, each foot in that order to trap the ball.

Technical Speed, Pure Speed and Endurance

1. Dribble in a figure-8, use just the inside of your feet for 6 figure-8s, then use the outside of both feet for 6 more. The markers you dribble around should be 15 yards apart. As you dribble around one marker, accelerate to the other as if you were beating an opponent. As you round the marker, use quick touches to improve technical speed.

2. Rest by walking for 30 seconds.

3. Set a marker out about 25 yards from a starting point:

- A. Sprint-dribble to marker
- B. Sprint backwards to starting point
- C. Sprint to ball
- D. Collect ball and sprint-dribble back to starting point

4. Rest by walking for 30 seconds.

5. Set ball on the ground to your left and set a marker to your right about 10 yards. Move 10 times from side to side, using the slide method of moving, without crossing legs. Move as quickly as you can.

6. Rest by walking for 30 seconds.

7. To the ten yard marker and back: two leg explosive jumps. To marker and back: single leg explosive hopping. Left foot first, then right, out and back.

8. Rest by walking for 30 seconds.

9. Karioka (lateral running criss-crossing legs) to ten yard marker and back. Move 10 times side to side as quickly as possible.

10. Rest by walking for 30 seconds.

11. From the starting point:

A. Pass the ball to the 25 yard marker

B. Sprint to the ball

C. Collect ball and accelerate to starting line

D. Repeat x3

Strength and Flexibility

60 jumps - Two foot jumping forward and backward over a marker.

15 figure-8s - Standing position with legs spread and knees straight, roll the ball with your hands in a figure-8 patten around your legs.

60 jumps - Two foot jumping side to side over a marker.

15 roll arounds - Sitting position with legs extended, roll the ball with your hands around the soles of your feet then back around your back.

60 jumps - Throw the ball up in the air, jump and catch the ball, and throw it back up before you hit the ground. Try to "hang" in the air.

30 sit-ups - Touch the ball on the ground over your head and back up to touch your toes.

60 touch and jumps - Start in a standing position with the ball in your hands, touch ball on the ground by bending at the knees so thighs are parallel to the ground and then vigorously extend jumping high with ball over your head. Don't just bend over and touch the ground, get your rear end as low as possible.

30 push-ups.

Lake Girls Soccer
Rules and Expectations

Players Expectations

1. Attend all practices and games and be on time.
2. Be in school the day of games and practices. (Adhere to LHS attendance and tardy policies)
3. Obey the Lake Schools smoking, tobacco, drug and alcohol policies.
4. Be respectful to all LHS and opposing schools coaches, teachers, managers, bus drivers, athletic trainers, administration, officials, players, parents, fans, etc.
5. Put team success ahead of personal goals and preferences.
6. Be responsible for taking care of and returning equipment. Information to follow.
7. NO profanity allowed at any time on or off the field.
8. Keep the locker room clean.
9. Do not interfere with other sports teams practices. Stay off the field completely until they are finished.
10. Proper equipment is to be worn at all practices and games.
11. See trainer for all injuries and keep the coaching staff updated. If you need to see the trainer before games, please do so PRIOR to our team warm-up this includes stretching, taping, icing, etc.
12. Pay attention when a coach is talking. Listen to coaches even if they are not talking directly to you.
13. Do not listen to people in the stands. You are on a team and must follow coaches message.
14. Play with enthusiasm, intensity, and hard work during all practices and games.
15. Communicate with your coach when something is on your mind. Don't hold things in. We have an open door policy.
16. Absolutely NO bullying, hazing, or discrimination ANYWHERE on school grounds. This will result in automatic removal from the team without hesitation.

** If any rule or expectation is not met, we will notify a player and remind them why these rules and expectations are important. Not meeting an expectation may result in punishment.

Program Rules

Time

1. Be 15 minutes early to all PRACTICES, MEETINGS, and BUS TRIPS
2. Expected to be at all game 1 HOUR EARLY. Warm ups will stop approximately 45 mins before game time.
3. Communicate via final forms if you are going to be late to practice, missed school, etc
4. You are part of a team, commitment is required. Please be courteous of others time that includes being on time AND making sure your ride arrives to be picked up on time.

Appearance

1. Practice and game uniforms are to be washed on a regular basis. Do not bleach your white uniforms.
2. Practice and game uniforms should be tucked in at all times
3. Practice shirts are to be worn at practice.
4. Will be up to the team captains what needs to be worn to school on game days
5. NO leggings or tights under practice or game shorts. Sweatpants can be worn ONLY at practice if necessary. Navy under armour top under navy uniform, white under armour top under white uniform
6. Shin guards are to be worn during all practices and games
7. All shin guards straps, socks worn underneath soccer socks, tape, etc has to match the color sock we are wearing.
8. No jewelry, especially during games!

Electronics

1. Absolutely NO electronic devices on the benches for any reason during home or away games.
2. All electronic devices must be kept in your bags or locker during practice. Remember to put a lock on your locker as the locker room is not always secured.
3. NO electronic devices during team meetings or anytime a coach is talking to you

Social Media

1. Please remember that ALL social media is public no matter how private you think you have it. Please do not put ANYTHING on social media that could jeopardize yourself or your teams season. If you have any questions about this topic further, please reach out. Your coaching staff, teachers, administrators may/will monitor your social media accounts.

Bench Conduct

1. PAY ATTENTION TO THE GAME AT ALL TIMES. No side conversations that do not involve the current game.
2. Encourage your teammates
3. Be respectful to opposing team, coaches, officials and fans
4. NO non-team personnel should be seated in the bench area at any time
5. JV/Varsity will be required to sit for at least part of the other game. The coaching staff will let you know when you need to arrive.
6. JV/Varsity may be required to be ball boys, film games, etc during the others games.
7. PICK UP ALL TRASH. If there is any trash left at the field during any game or practice, we will run.

Bus Rides

1. Early is on time and on time is late. If you are late for the bus, we will not wait for you.
2. Choose a seat and sit quietly, think about the game you are about to play in.
3. No eating or drinking on the bus unless the bus driver okays.
4. PICK UP ALL TRASH. If there is any trash left on the bus, we will run.
5. All players must ride to and from games/scrimmages on the bus. If a player can not ride the bus, a notice from the players parent/guardian must be provided to the coach ahead of time.

Other Activity Involvement

1. If you are involved in band, choir, musicals, etc. Please let us know.
2. If you are dual sporting, we will need to set up a meeting and a primary sport will need to be held. Please see me if this is you.
3. Soccer is a team sports. Practices, games, etc ARE mandatory. We can't guarantee missing any of these won't affect playing time. We all have busy lives and it is important to the team that everyone is committed and playing their part.

Playing Time:

1. PLAYING TIME IS NOT GUARANTEED. THIS IS A NON NEGOTIABLE.
2. No one from the coaching staff will discuss playing time with a parent under ANY circumstances.
3. Playing time is earned not given, the same stands for freshman all the way up to seniors.
4. Please speak to your coach if you have any questions regarding playing time. I will always be willing to discuss with you.

Inclement Weather:

1. Don't assume no school=no practice.
2. We may play games on days of no school. Be prepared.
3. We will notify you of any and all schedule updates as we get them. Please note these may come last minute.

Fundraising and Spirit Wear

1. All players will take part in fundraising activities and have access to ordering spirit wear, including practice shirts. At least 1 practice shirt will be required to purchase.

Team Dinners

1. More information on this will be provided. We plan to do 5 team dinners at the school throughout the year. We will need parents to volunteer to serve and bring deserts/drinks. The meal itself will be catered. There is a cost associated with this and will be communicated.

In our program, not only are we trying to produce quality soccer players, but also and more importantly produce well rounded women that will be able to conquer life after soccer. Communication is a vital skill in life. Your player should first communicate for themselves. We will communicate with them, if they have any issues, they need to bring it to our attention. If they express an issue to you regarding soccer, please make sure they have talked with us first before interfering. There is a 24 hour cool down period between ANY parents and coaches. If a further discussion is needed, we will discuss in a face to face conversation with coaches, parents, and players. All conversations with players will be held during normal practice times. If a conversation needs to be held after practice hours, I will ask that a parent/guardian be present.

We ask that you follow these steps. We feel that this process will best help us maintain a positive attitude amongst the players.

- Player talks with coach
- Parent talks with player
- Parent talks with coaching staff
- Parent talks with Athletic Director

We as a coaching staff hope that issues do not escalate to these levels, however if they do we feel that communication is vital to resolving any issues.

Thank you,

Lauren Colangelo

Lake Local Schools

Head Varsity Girls Soccer Coach

Assistant Varsity Boys Soccer Coach