

COMMUNITY HIGH SCHOOL GIRLS SOCCER

Everyone must join the Remind App for all team communications.

This is how the coaches will let everyone know about practice changes, game information, etc. Please go ahead and do this now if you are going to be attending practices this summer.

You can join one of these three ways:

1. Download the Remind app and enter the class code @viqueensoc
2. Text "@viqueensoc" to 81010
3. Go to <https://www.remind.com/join/viqueensoc>

All paperwork is due on June 12th, or you will not be able to practice. Make sure each form is COMPLETELY filled out. You can find these forms on the CHS Website under Sports → Support Info.

Required forms:

- Sports Physical (dated after April 15, 2023)
- Consent to Treat Form (**It is the last page of the physical form**)
- Concussion Information Form
- Cardiac Arrest Form

Team Expectations

It is VERY IMPORTANT to be at every practice. If a player will miss a practice for any reason, she must notify the coach ahead of time (preferably at least 24 hours). Missing for laziness or not notifying the coach is unacceptable. It is also important to be at practice ON TIME. We plan each practice session. If players are late or absent, it affects the practice plan. Always bring cleats, shin guards, and tennis shoes to every practice. We may not use them every practice, but it is important to always be prepared. Also, bring your own bottle for water. The coach will bring a cooler with water. Summer practices get very hot. It is important to stay hydrated not only during practice but also throughout the day on your own.

Practices

Practice will begin Monday, June 12. Summer practices will be open to anyone interested in playing for the upcoming school year. Depending on number of interested players, we will have official tryouts at the end of summer before school begins.

On Mondays, practice will be at the game field (middle school). All other days we will, practice at the high school practice field. There are 13 summer practices before tryout day. Players should try to attend *at least 10* summer practices. Preferably, players should attend all practices, but I know sometimes people go out of town in the summer. You **MUST** notify the coach if you will not be at practice.

Once regular school days begin, practices will be every day after school. On Mondays, we will practice on the game field from 3:30-5:30. On Tuesday-Friday, practice will be on the practice field from 3:30-5:00. If a player misses a regular season practice for any reason (besides another school sport), she will have to stay after the next practice to make it up.

Make-ups will take no longer than 30 minutes. Make-ups are NOT punishment. They are meant to get in some extra work that a player missed when she was not at practice. Make-ups may include extra fitness or skill work.

SUMMER PRACTICE SCHEDULE

As many of you may know, Coach Allyse and Jesse are having a baby at the end of May. Because of this, players will need to be very flexible with practices this summer. There will probably be times where it will be only Coach Allyse or Coach Jesse leading the practice. Players will have the same expectations no matter which coach is leading the practice. Some days we may make practice in the morning and others may be in the evening. We still expect players to be at as many practices as they can, but we also know any last-minute practice changes may impact attendance. Please make sure to maintain good communication with the coaches about any practice changes. We will do our best to keep as much as a consistent schedule as we can, but we also are unsure what it may look like when the baby arrives.

We are going to try to see what will work best for us as new parents as well as the players. For the month of June, we will practice Monday mornings and Thursday evenings. After that, we will reassess and decide what times will be best for our July practices.

This could very well still change between now and June 12, so please make sure that you join the Remind App so you can be aware of any updates.

June						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	5	6	7	8	9	10
11	12 Practice 8-10am	13	14	15 Practice 5-7pm	16	17
18	19 Practice 8-10am	20	21	22 Practice 5-7pm	23	24
June 25 - July 9 TSSAA Dead Period - No Practice						
July						
9	10 Practice TBD	11 Practice TBD	12	13 Practice TBD	14	15
16	17 Practice TBD	18 Practice TBD	19	20 Practice TBD	21	22
23	24 Practice TBD	25 Practice TBD	26	27 Practice TBD	28	29
August						
30	31 Tryouts TBD	1 Abbrev. School Practice TBD	2 No School	3 First Full Day of School Practice 3:30-5	4 Practice 3:30-5	5