Informational Packet
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First Week - Try-out/Practice – March 23-27 (On Geisler Soccer Field or Gymnasium)
Team posted by 6:00 p.m. on my website on Thursday, March 26.
The season will continue after Spring Break.
1st Game of the Season is – April 22 at 4:00 at SMART

GAME SCHEDULE:
Congratulations on taking the first step in being involved on a competitive team! I am looking forward to working with each and every one of you. Remember, the more you put into it, the more you get out of it! Let’s have a great season! Coach Meyer

First Week of Practice/Try-outs

Before you may attend practice, you must have a physical on file. You may come to practice and watch, but you may not participate. Coach Meyer has physical forms if you need one. There are also physical forms in the main office. Also, all athletes must have a Pay-to-Play Application on file in the office and must pay the fee. It currently costs $200 to play. There are usually many girls signed up for soccer each year. There will be cuts only if absolutely necessary.

Practices and Games

Girls need to meet outside the locker room at 3:15. Girls will be issued locker room lockers and will be expected to be dressed and ready to run no later than 3:15. A warm-up run will begin practice every day. Then two girls will lead stretches. After that, we will begin drills and typically end with sprint drills. There will be days when you will meet in Room 212 or the cafeteria for soccer videos or to review soccer strategies and basic formations. Friday practices will usually be special. Friday practices will be special 3 v 3 and full 11 v 11 scrimmages.

Practice Times

All practices will be held from 3:15-4:45 p.m. Rides must be prompt. Practice is over at 5:00, so rides must be no later than 5:15. If there is a problem with rides, perhaps you could work out a car pool between other girls on the team. After two late pick-ups, the student/athlete will be suspended from one game. After three late pick-ups, the student/athlete will be removed from the team. *This will be absolutely followed 100%. Attendance at all practices is required unless a note is brought from a parent excusing the student. To participate in a game, the athlete MUST attend practice the day before the game and be present at school the day of the game. More than 2 unexcused absences can result in dismissal from the team.

Transportation home from games

Transportation will be provided “TO” Away Games, but NO transportation is provided back. Arrangements need to be made to get picked up at the game site.
Expectations

You must maintain a grade point average of no less than 2.0 while you are playing on the team. If you are receiving an “E” in any class, you will be put on probation until you bring up the grade. It is your responsibility to make arrangements with your teacher to bring the grade up to passing. There are also tutoring opportunities in the media center. I would rather you miss practice and work on improving your grade, but not the day before game day.

You are also expected to maintain a citizenship level of a “3” or lower in all classes. If anyone is receiving a “3” in citizenship, you will be talked to by the coach and the coach will talk with your teacher. You will not participate until your behavior is corrected. I expect school to come first – sports second!!

Not only are grades important, but it is also important that you maintain a positive attitude throughout the season. Anyone who shows disrespect in any way will not play until behavior has been corrected or will be removed from the team. Parents will be called when you are on probation. I only want positive, smiling faces on the field. I will keep in contact with your teachers about your classroom performance.

Equipment

Every player must bring a bag every day with soccer equipment in it. It is difficult to predict what the weather will be like, so plan for any type of weather. Here are my recommendations to be fully prepared every day for practice and games:

- Shorts
- T-shirt (dark and white)
- Sweatshirt
- Sweats
- Windbreaker/raincoat
- Socks
- Tennis shoes/running shoes/flats
- Shin guards
- Soccer cleats
- Water bottle (water provided as well)

I recommend that you pack for the week of practices and games Sunday night. Then you are set for the week. Bags need to be dropped off in the locker room before school. The team will be issued uniforms the week after try-outs. I keep inventory of which uniform you received. It is expected that this uniform be returned on the last game day. You do NOT have to wash it. You will need to bring back-up clothes to change in so you can leave your uniform. I will wash them for you and pack them away.
Rules

All rules in the code-of-conduct book apply during the season. In addition to these rules, students need to abide by the following rules:

- No food or drink in the gymnasium
- Locker room will be left in perfect condition
- No students are allowed outside the gymnasium commons after practice
- No cleats are allowed in the school, especially after a muddy day!
- No vending machines, lockers, or any other area besides the gymnasium commons after practice

It is extremely difficult as a coach to prepare a team when people do not show up for practices. I expect to get a telephone call the day before when you cannot attend a practice or game – not the day of the practice or game! If you do not attend practice or the game without talking to me, you will be put on probation the first time. The second time, you will be removed from the team. Communication between players and coaches is a must – do not assume that someone told your coach that you are not going to be at practice or the game – that is YOUR responsibility!

I expect players to attend all practices. I understand that there will be conflicts occasionally. As long as you let me know ahead of time and I feel it is a legitimate excuse, then that is fine. I understand it is difficult to get appointments set, family emergencies, etc. I only ask for a parent note or a doctor note when this situation occurs. REMEMBER: When you sign up for a sport in school, that means you are telling everyone that you can handle your work load in classes as well as playing a sport. There will be no homework excuses! You must be in school at least half of a practice day or game day to participate in the practice or game.

Injuries

To avoid any type of injury, you must be sure to stretch out every day! Eating right and getting enough rest is also important when you are playing a sport. Please bring a snack for after school to keep your energy going throughout practice. The more you take care of yourself, the less you will get hurt. It is difficult as a coach to notice all of your ailments. I have a first aid kit and will provide the best care for your injury or muscle strains, etc. I will do my best to be sympathetic. Please be sure to let me know of any unusual pain so we can get an ice pack or whatever will assist your injury as soon as possible.

Training on your own

I have provided you with a lot of soccer information. It is imperative that you run and work with the ball on your own. You cannot expect to be great just by school practice alone. Grab a friend and practice passing, shooting, and dribbling. Use any break time you have to improve your skills for the success of our team.
Encouragement

WE ARE A TEAM! There is no “I” in team.

I expect only positive comments from player to player. Encouraging words to a teammate are more constructive than criticism. The coach will do the coaching, not the players or Parents. NEVER question the coach when you will be put into the game.

RESPECT YOURSELF, YOUR TEAMMATES, AND EVERYONE AROUND YOU!

Do not forget that you are representing Geisler Middle School. All school rules apply. Any inappropriate behavior on or off the playing field will cause you to be removed from the team. Lastly, thank you in advance to all of the parents for your support. It is because of you that your child will be successful! I will be sending out weekly email updates throughout the season. Please read them as they will provide you with valuable information about how the team is doing and other important information. Feel free to contact me or email me at any time. Please visit our school website for additional information at http://wlcsd.org/schools/middle-school/geisler/athletics/. Here is the schedule link as well:


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