

Campbell County High School  
Women's 2013 Soccer Team  
School athletic site: [www.camelpride.com](http://www.camelpride.com)  
Team Website: [www.ladycamelssoccer.com](http://www.ladycamelssoccer.com)

Head Coach:  
Dave Morris  
859-801-7445 (cell)  
859-441-7255 (home)  
E-mail: [davemorris4uk@fuse.net](mailto:davemorris4uk@fuse.net)

"Sooner or later, those who win are those who think they can."  
Richard Bach

Key Dates:

- 4/30 Preseason conditioning
- 6/10 Soccer Camp
- 6/11 School physicals
- 6/25 Dead Period
- 7/10 1<sup>st</sup> day of conditioning after dead period
- 7/15 Tryouts
- 7/28 Bluegrass Games
- 8/19 Regular season

➤ **Preseason Conditioning (starts on Tuesday April 30th)**

- Opportunity to get in shape for tryouts and to build team bonding
- Tuesdays from 7:00 to 8:00 PM
- Saturdays from 11:00 AM to Noon
  - Meet at the high school soccer field
  - In case of bad weather (rain, excessive heat, etc.), I will leave a message on my cell phone (859-801-7445) if conditioning is cancelled

➤ **Soccer Camp – Team Fundraising Event**

- Monday June 10<sup>th</sup> through Thursday June 13<sup>th</sup>
- 6:30 – 8:30 PM at high school
- Camp is for 1<sup>st</sup> through 8<sup>th</sup> grades
- Older players are expected to help at the camp
- School will be publishing the flyer soon

➤ **June 25 – July 9: Dead Period**

- No team activities allowed
- **Weds. July 10<sup>th</sup> through Friday July 12<sup>th</sup>**
  - Conditioning sessions at the soccer field from 7:00 to 8:00 pm
- **Summer Tryouts / Practices**
  - Practice will be Monday through Friday starting Monday July 15th
  - 7:00 to 9:00 PM at the High School
    - Note later start than in the past to avoid the summer heat
  - Players need to be at the field at 6:50 PM and dressed and ready to go by 7:00 PM
    - Practices will start and end on time
    - Bring a size 5 ball and a water bottle to every practice
  - In case of bad weather / hot weather:
    - Players' responsibility to call my cell phone at 859-801-7445. I will leave a message on my phone if practice is canceled.
  - Fitness expectations of players trying out
    - Able to easily jog two miles
    - Able to complete a 50-minute interval training session. An interval training session consists of intermingled jogging, sprinting, and walking. Preseason conditioning sessions will be geared towards this type of fitness.
- **Plan on having 3 teams: Varsity, JV, Freshmen**
  - Goal is to have at least 16 players or more on each team
  - Players may be asked to play on more than one team depending upon turnout
- **July 27 – 28 Bluegrass State Games in Lexington**
  - Taking JV and Varsity
  - Transportation will be the responsibility of each parent/guardian
- **Physical**
  - You must have a current "Athletic Participation/Parental Consent/Physical Examination Form" on file to participate in any conditioning session or practice
  - They are good for 12 months
  - I will email everyone a copy or you can pick one up in the Athletic Office
  - School physicals will be Tuesday June 11th at 5:30 pm at the High School for \$20

➤ **Season Goals**

- Win the District and Region and advance to the State Tournament

➤ **Team Rules**

- Attend all practices and games and be on time
- Be respectful of the coaching staff, other players on the team, opponents, and referees
- Represent the team, the school, and the community in an appropriate way at all times
- Adhere to the school policy on not partaking in alcoholic beverages or illegal drugs
- Cell phones must be off during practices and games

➤ **What I look for in a player**

- Soccer skill level. Fitness level. Enthusiasm for the game. Willing to give 100% every day. Commitment to the team. Positive support of teammates. Versatility (willing and able to play multiple positions).
- Making the team and playing time in games will be tied to these attributes.
- Team captains will be chosen by the coaching staff and tied to these attributes along with leadership ability.

➤ **Open door policy**

- If players have a concern / question, I am available after any practice to talk (or you can set up a time to meet)
  - Assistant coaches are also available
- I prefer that a player speaks with me first prior to involving her parents

➤ **Volunteer Opportunities**

- Host Team Cookout
- Be in charge of Concession Stand for home games (Penny See)
- Be in charge of announcing for home games
- Organize ball boys/girls for home games
- Get a team hotel for the Bluegrass Games



