



## LAKE FOREST SCOUTS IHSA REGIONAL CHAMPIONS '07 & '08



### TO: LFHS SOCCER PLAYERS AND PARENTS

We would like to welcome you all to the 2008 Scouts Soccer Season.

### REQUIRED PAPERWORK

**ALL** necessary Athletic Cards with Insurance Information, Physical Forms, Emergency Cards, Code of Conduct sheets **MUST** be turned into the Athletic Office **PRIOR TO** the athlete's first practice. This is an IHSA rule and is not negotiable!

### PROGRAM GOALS

- **"*Més que un club*"** which translates from Catalan Spanish to 'more than a club' is the motto of F.C. Barcelona. The LFHS soccer program has borrowed this motto to display that we are not just a soccer team, but one of the oldest soccer programs in Illinois that proudly represents LFHS and our community.
- At Lake Forest High School, we have identified the principles that we want our players to learn and carry forward into adulthood. Our long-term goal at Lake Forest is to create an environment that will develop **hard-working, committed, respectful** and **responsible** people. These simple ideals guide us on a daily basis through our interaction with our players. Emphasis of these ideals will lead to the immediate goal of the soccer program of aiding each player to succeed at his highest possible level.
- **SOCCER IS A 'CUT' SPORT.** LFHS Soccer is a competitive interscholastic sport, not a Physical Education class or activity. The size of the Varsity team depends on many factors, and can vary game to game and season to season. The JV team is specifically to prepare players for playing on Varsity and therefore is reserved for ambitious Juniors who strive for this goal. In the past, rare allowances have been made for Seniors who have exhibited extreme dedication to the soccer program here at LFHS with their commitment over four years in summer and fall programs.
- **Freshman Team** = to develop technical skills, team camaraderie, and pride in the program. Cuts have not been necessary in the past, but are possible. 'B' games are scheduled when possible, to supplement playing time. **Team size 24-30 players.**
- **Sophomore Team** = to continue technical and tactical field development so players can be expected to contribute to the Varsity team for the next two years. **Team size 22-24 players.**
- **JV Team** = to provide experience for players who expect to contribute to the varsity team the following year and are committed to the program. **Team size 16-18 players.**
- **Varsity Team** = to train and play at the highest level, to be competitive as a team with focus on individual growth as a player and person all year round. **Team size 20-24 players.**

### EQUIPMENT

All soccer players are to come to every practice with the proper equipment including;

- **2 pairs of Shoes (1 pair cleated soccer shoes & 1 pair indoor/running shoes)**
- **NOCSAE approved Shin Guards**  
     < 5'3" = Adult Medium                      > 5'3" = Adult Large
- **Water Bottle**
- **Soccer appropriate clothes (White or Gray T-Shirt, soccer shorts, and soccer socks)**
- **No Jewelry! (Ear rings, necklaces, etc.)**

**UNIFORMS** (Uniform Handout will be on Thursday, 8/21/08)

- A \$75 REFUNDABLE deposit is required before issuing any uniform. The simplest way to do this is writing a check for \$75 to 'LFHS', that will be returned to the player upon return of the uniform.
- PLAYERS WILL NOT BE ALLOWED TO PARTICIPATE THIS SEASON IF THEY HAVE NOT RETURNED UNIFORMS/EQUIPMENT FROM PREVIOUS ATHLETIC SEASONS.

**FIRST WEEKS OF PRACTICE**

- The first day of VARSITY/JV TRYOUTS will be Wednesday, August 13<sup>th</sup> at the LFHS Athletic Campus (**LFAC**). Varsity Tryouts should be attended by Seniors and Juniors but can also be attended by any player. Players not making the Varsity team are expected to report to their appropriate level on Monday, August 18<sup>th</sup>.

<b>Wed 8/13 9:00 AM – 11:00 AM LFAC</b>	<b>6:00 PM – 8:00 PM LFAC</b>
<b>Thurs 8/14 9:00 AM – 11:00 AM LFAC</b>	<b>6:00 PM – 8:00 PM LFAC</b>
<b>Fri 8/15 9:00 AM – 11:00 AM LFAC</b>	<b>6:00 PM – 8:00 PM LFAC</b>
<b>Sat 8/16 9:00 AM – 11:00 AM LFAC</b>	

- The first day of tryouts for lower levels will be Monday, August 18<sup>th</sup> at the LFHS Athletic Campus (**LFAC**). **It is in the athlete's best interests to be at all sessions in order to achieve/display his full potential. PRACTICE TIMES MAY VARY FROM THIS SCHEDULE SHOULD CONFLICTS ARISE.**

<b>Mon 8/18 9:00 AM – 11:00 AM LFAC</b>	<b>6:00 PM – 8:00 PM LFAC</b>
<b>Tues 8/19 9:00 AM – 11:00 AM LFAC</b>	<b>6:00 PM – 8:00 PM LFAC</b>
<b>Wed 8/20 9:00 AM – 11:00 AM LFAC</b>	<b>6:00 PM – 8:00 PM LFAC</b>
<b>Thurs 8/21 9:00 AM – 11:00 AM LFAC</b>	<b>6:00 PM – 8:00 PM LFAC</b>
<b>Fri 8/22 9:00 AM – 11:00 AM LFAC</b>	<b>4:00 PM Blue/Gold LFAC</b>
<b>Sat 8/23 9:00 AM – 11:00 AM LFAC</b>	

- **Attendance at ALL practices is MANDATORY.** LFHS Soccer is a Monday-Saturday full time commitment. Any absence must be cleared with the coach prior to the missed practice session.
- Once the athlete has accumulated **ten (10)** total absences during the entire season, the athlete may be removed from the roster.
- Despite the late start of school (9/8/08), the season is starting on the same date on the IHSA calendar as last season, therefore no allowances can be made for players arriving late to tryouts, unless the coaching staff was notified in advance. Every player at each level will have to participate in 10 sessions prior to playing in their first game.

**INJURIES**

All injuries must be reported immediately to the respective coach. School Trainers are available at the High School if needed.

**41<sup>st</sup> ANNUAL LFHS BLUE vs. GOLD NIGHT** Friday, August 22, 2008, 5:00 PM.

- Further Rules will be distributed at the mandatory Coach/Player/Parent meeting at the Blue/Gold Games. Players need to be at the field 45 minutes before game time.
  - 5:00 - 6:05pm Frosh Blue vs Frosh Gold (60 min + 5 min HT) (Meeting to Follow)
  - 6:15 - 7:20pm Soph vs JV (60 min + 5 min HT) (Meetings to Follow)
  - 7:30 – 8:55pm Varsity Blue vs Gold (80 min +5 min HT) (Meeting 6:30pm)

Thanks,  
LFHS SOCCER COACHING STAFF