Dear Soccer Community,

To start, we hope everyone is doing as well as possible during these challenging times. As we say at Warde, "tough times don't last, tough people do". With that being said, we're thrilled to emerge from our soccer hibernation. The CIAC has provided us with optimism. All experiences are what we make of them. As we have already observed, the CIAC has been very fluid with their announcements. The only thing we can do, is control the controllables i.e. attitude, effort, and attention to detail.

Please read through the information below regarding our team selection schedule, protocol, and expectation. Our goal is to provide our soccer community with the best experience possible. But, we can't do it alone. We need our community to do their part-team first.

## **CIAC Expectations/ Dates**

8/29 Team selection may begin with cohorts of 10 athletes. The athletes may not commingle. Training sessions cannot exceed one hour. Based on our Warde athletic meeting, our dynamic/ static stretching may be done prior to the start of the hour session. No contact can occur among athletes. These sessions will focus on conditioning and soccer specific skills.

9/5 Training sessions may not exceed 1.5 hours.

9/11 Full team training sessions with contact.

9/18 Scrimmages may occur on or after this date. The date may change because it coincides with a religious holiday.

9/24 Season opener. Who, where, when, are all TBA

## Warde Expectations

- 1. Athletes will arrive and depart as scheduled. Each pod/cohort will begin on time, therefore please plan to arrive properly equipped with cleats and shin guards on. Please reference the calendar as well as the cohort list to find your pod and scheduled time.
- 2. Athletes will arrive and depart wearing a mask. The mask will stay on until the session begins. The mask will be worn as soon as the session is over. If an athlete is not actively participating, he must wear a mask on the sidelines.
- 3. Athletes will remain at least six feet apart from one another upon their arrival and departure.
- 4. Athletes will place their equipment i.e. bags, water bottles etc... six feet apart from a teammates belonging.
- 5. Athletes will **BRING THEIR OWN BALL EACH DAY TO OUR TRAINING SESSIONS.**
- 6. Athletes will focus on touching the ball with their feet, at all times, rather than picking the ball up with their hands.
- 7. Athletes will remain in their pods/ cohorts for the duration of each training session.

- 8. Athletes may NOT share any equipment or water. WATER WILL NOT BE PROVIDED. PLEASE BRING YOUR OWN WATER TO EVERY SESSION.
- 9. Athletes will respect the personal space of all members of our soccer community.
- 10. Athletes will NOT "high-five", slap hands, and or interact with one another in any celebratory fashion i.e. hugs, chest bumps, etc...
- 11. It's our responsibility to keep our soccer community active and safe. The team first mentality is paramount. Athletes who put the health of our community in jeopardy will be dismissed from the team selection process. This is a twenty-four-hour policy. Make wise decisions because they affect all of us.
- 12. Each cohort is assigned a specific color. This will enable us to identify each cohort as well as provide athletes with an opportunity to quickly locate their pod. Please reference the cohort color identification chart on the team selection calendar.

## **Team Selection Progression/ Details**

-Only forty athletes can be on a soccer field at once-one cohort per quarter. Thus, the reason for two separate training sessions. Coaches may facilitate the training session using a station model as long as equipment isn't handled.

-Each cohort will be assigned a leader. He will be responsible for warming up their cohort/ pod prior to the start of their session. A fifteen-minute timeframe has been provided to accommodate this task. Please reference the calendar. Cohort leaders will be seniors with varsity experience. If more seniors exist than cohorts, we will have coleaders.

-Cohorts will be mixed for horizontal movement as well as for team first reasons.

-The team selection progress is broken down into thirds-initial, penultimate, and final. Each third will end with an individual athlete/ coach meeting. The athlete will be provided with feedback. If the athlete's skills are not meeting the program's expectations, they will not be provided with an invitation to return. We are humbled by an amazing compliment-80 athletes have registered to participate. That speaks volumes about the legacies, culture, and environment our former athletes have created. Unfortunately, we cannot accommodate everyone. Please understand, we will do our best to evaluate the athletes to the best of our abilities, with an unbiased approach.