



# **BEAVERTON WOMEN'S SOCCER**

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Program Mission: Provide a positive culture that allows for student athletes to thrive on and off the pitch, while striving to be the best version of themselves.



# PROGRAM PILLARS

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## LONGEVITY

- Lifelong love of the game
- Relationships

## SKILL DEVELOPMENT

- Tactical Skills
- Creativity

## KNOWLEDGE

- Fundamentals
- Vision
- Set Plays

## INJURY PREVENTION

- WIPP (warm up for injury prevention program)

## FITNESS

- S&C Coach
- Goals

## CHARACTER BUILDING

- Contracts
- Sportsmanship
- Community Building
- Goal Setting



# SEASON PLAN

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## PROGRAM MEETING

- Meet student athletes/families
- Introduce coaching staff
- Program mission and expectations
- Program manager

## COMMUNITY BUILDING

- Program Cohorts
- Parent Meet/Greet
- Team Dinners
- Volunteering
- Youth Outreach
- Program/Team /Ind. Goals

## TRAINING

- Skill development
- Fitness
- Dynamic

## GAMES

- Confidence and Preparation
- Senior Night
- Secret Sister



# PLAYING TIME

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## ATTENDANCE

- School
- Training

## ATTITUDE

- Team player
- Coachable
- Positive teammate

## EFFORT

- Put forth full effort
- Self advocacy



# PRACTICE PLAN

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## WARM UP

- Team Talk
- WIPP

## FITNESS

- With/without ball
- Gradually build up intensity

## TRAINING

- Ball work
- Passing patterns
- Possession
- Game play
- Set plays
- Formation



# COACHING STAFF

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## VARSITY

- Chelsey Evans
- Chris Evans
- Brynn Wytcherley.

## JV

- Andrew Evans
- Alicia Sypher

## JV2

- Abby Duitsman
- Rob Hansmann

## STRENGTH

- Alisha Stone

## KEEPER

- Hanalyn Sypher



# CONTACTS / RESOURCES

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## HEAD COACHES

- Varsity: [chelsey\\_evans@beaverton.k12.or.us](mailto:chelsey_evans@beaverton.k12.or.us)
- JV: [andrew\\_evans@beaverton.k12.or.us](mailto:andrew_evans@beaverton.k12.or.us)
- JV2: [abby\\_duitsman@beaverton.k12.or.us](mailto:abby_duitsman@beaverton.k12.or.us)

## TEAM APP

- [Teamapp.com](https://www.teamapp.com)  
(search: BHS Women's Soccer)

## LINKS

- [OSAA Schedule](#)
- [Registration](#)
- [Program norms/player contract](#)
- [BHS Player Form \(to be submitted after making a team\)](#)



# IMPORTANT DATES

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## TRYOUTS

- Aug 19-21, 6-8am  
BHS Turf Field

## PICTURES

- August 25th  
(more info to come)

## FUNDRAISING/TEAM BUILDING

- Aug 23, 8-10AM  
BHS Cafeteria



# BHS WOMEN'S SOCCER

## Summer Trainings:

Where: BHS Turf Field

Cost: Free

Times: Tues/Thurs 6:30-9AM

Wed 6:30-8:30AM

July 9-11, 16-18, 23-25

Aug 6-8

\*Tuesday/Thursday train until 8am and weight room from 8-9am

## Technical Skills/Conditioning

### Camp:

Where: BHS Turf Field

When: Aug 12-15th, 6:30-8:30AM

Cost: \$100

\*please reach out if financial assistance is needed

## Your coaching staff:

### VARSITY:

Chelsey Evans

Chris Evans

Brynn Wytcherley

### KEEPER:

Hanalyn Sypher

### STRENGTH:

Alisha Stone

### JV:

Andrew Evans

Alicia Sypher

### JV2:

Abby Duitsman

Rob Hansmann



## TRYOUTS: August 19-21

BHS Turf Field - 6AM-8AM

(BE READY TO WARM UP BY 6AM)

Teams will be announced on the 21st and practices for the remainder of the week will be from the 6-8AM time.

Need more information or want to introduce yourself?

Email me!

[chelsey\\_evans@beaverton.k12.or.us](mailto:chelsey_evans@beaverton.k12.or.us)