

Austin High School Girls Soccer



Austin Girls Soccer

Coach Amber Rochat

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I coach to empower young women athletes to be resilient, confident and positive people in all areas on the field and off the field.

Philosophy of Program

There are currently two squads that make up the Austin Girls Soccer program. The JV team will build on the competitive nature, as well as working on perfecting their technical soccer skills. JV will focus on specific positions and further skill development. The varsity level is the most competitive. Playing time will not be equal, depending on each player's skills, attitude, motivation and how she contributes to the team. Varsity will consist of game play and engage in understanding and executing soccer sense to result in successful soccer competitions. Varsity spends time building chemistry as a team and works on building rapport on the field.

Academics

Coaches will be able to see and check student athlete grades. As the season progresses, the athlete will be missing a lot of school, particularly afternoon classes. If the student athlete's grades are below a passing grade, they will be staying home. It really helps if the soccer player can notify their teachers a day or two before they will be gone; teachers are more willing to help out if the player can notify them early about missing class.

AHS Attendance Policy

When students participate in any co-curricular and/or sports activity, they are required to be in school the entire day of the event. There is no exception besides the ones below. Also, students must not incur any unverified absences (*as outlined in the AHS student handbook*) for the next consecutive school day of the same week. If an unverified absence is incurred for either day, the student will not participate in the next scheduled co-curricular and/or sports event.

On the day of the event, the following absences may be excused:

- Absence due to a school related activity
- Medical appointment which requires verification by the school office or attendance secretary (Doctors or clinic note)
- Up to one period in the school Health Office
- Funeral or family medical/legal emergency – requires parental excuse
- Student safety issues – to be reviewed by the AHS Leadership Team.

(The AHS administration retains the right to request verification of any absences presented by a student or parent/guardian.)

Code of Conduct

Respect yourself, your team, your family, and your community. Coaches need players committed to the team and who demonstrate responsible and respectful behavior on and off the field. This includes the highest standard of integrity and conduct. Each player is a representative of the Austin Girls Soccer Program. As a member of this program players are expected to respect their opponents, referees, opposing coaches, equipment, buses, and the practice and game facility. Playing soccer for Austin High School is a highlight experience and should not be taken lightly. If an athlete does not follow this code of conduct, a coach will be in contact with the athlete to develop of plan moving forward. A plan could include missing playing time in a game, meeting with the athletic director and coach or being removed from the program.

Practice Attendance

Practices are required for JV and Varsity. If an athlete is going to miss a practice, the athlete must notify the coach prior to practice as early as possible. If the coach has not heard from the athlete, they are considered unexcused and will not be permitted to play in the next game. Two unexcused practices will result in a meeting with the captains and coaches to discuss the player's commitment to the team. If communicated ahead of time, there may be some excused absences not resulting in missing a game. Please be responsible.

Players are expected to be ready for practice on time. Ready is defined as having the proper equipment on before the start of practice. If a player is late to practice, there will be a consequence as assigned by the coach such as shorter minutes in a game. Chronic tardiness will not be tolerated and may result in loss of playing time. We will practice every day, in all types of weather conditions. All practices this season will be at Wescott.

Preseason

During the week of August 12 through August 16th, we will have open tryouts. Tryouts will consist of two a day practices each day. Varsity is looking to fill 16 positions and JV squad with the best and most dedicated players that I can find. Everyone will have a fair chance to get onto whatever team she wants to. Athletes who come to preseason late will have to sit out games as determined by coaches and captains. Coaches understand schedules sometimes don't line up, if so, please make arrangements with the head coach about special circumstances in regards to preseason.

Spectators

Remember, young people play for their own enjoyment. Applaud good plays by opposing players as well as your own. Set a good example. Young people learn best by imitation. Teach your child always to play by the rules. Show your child that hard work and an all-out effort can matter more than victory. Have a positive attitude towards all (coaches, teammates, officials) Never ridicule or yell at your child or any member of either team for making a mistake. Do not publicly question a referee's judgment or integrity. Recognize the value of volunteer coaches and referees and give them clear signs of respect.

Alcohol and Drug Use Violations

Any alcohol or drug use violation will be addressed according to the MSHSL rules as found in the Student Handbook.

Communication

As coaches we have an open-door policy. If a player has a concern, she should come to one of the coaches first. We are all here to help and support. If an athlete has a concern that she has expressed with a parent, I am asking the parent to encourage their daughter to talk to one of the coaches about this concern. I will work to keep parents informed as things happen throughout the season. If a player is uncomfortable bringing the concern to a coaching staff member, she may share it with a captain, and the captain will then pass the concern on to a coaching staff member.

Nutrition

Exercise makes our body run out of energy and nutrition fuels it. Over the course of the season, it is important for the athlete to refuel, repair and rehydrate their body between practices and games. It is encouraged to have a lean protein, whole grain and fruits and vegetable diet during the season. If you would like help with nutrition, please reach out to the coaches and we can help you with ideas and resources.

Student Contract: Austin Girls Soccer

**Please read contract. Sign and return to coach by
August 16, 2024**

Student Athletes: These rules are set in stone and the coaches expect you to follow each rule. Please be aware of the contract and program handbook expectations. Please be mindful of the daily choices you make because they are a representation of Austin Public Schools and the girls soccer program. You have the power to build yourself to be the best athletically and personally through hard work, grit and commitment to our season. You are a vital contributor to the soccer team success with positive mentality, true commitment and high work ethic.

Attendance: Each athlete is expected to be on time for practice and game days. If you are going to either, be late or miss a practice or game, you must either have a teacher's note, a parent's email or a notification from them stating why you are missing. Try to be proactive and inform the coach of this before practice as coaches don't have the ability to check phones and emails once practice time begins. Practice starts at **4 PM, be on the field on time and ready to go.**

Bus trips for Away Games:

You must follow the school and bus rules regarding being on it. No loud or screaming will be allowed. You may take food and water. Be respectful of the bus drivers time and commitment to keeping us safe while we travel for a game. Parents must contact the coach and athletic director 24 hours before a game if they are taking their player home after a game.

Rules for being on the field:

Coaches expect you to be fully dressed for either practice or games. That means at practice time you must always have your cleats, shin guards and socks. For games, you must have all attire ready to go before game time. Be prepared. If you fail to plan, you plan to fail. If either of those issues arise where you are not prepared, it could result from loss of playing time.

As coaches we understand things happen. Please try to be proactive and come to us if something arises. During practice, we ask players to fully pay attention while we are talking. This includes talking unless you have a question regarding the situation we are discussing. When a coach speaks, take time to stop, and listen. Ask questions if you need clarification. Give feedback about what you noticed in practice or games. Contribute.

Communication is a huge aspect of soccer, so the more you can learn, the better player you will be. Lastly, playing time is earned through commitment and positive attitude. It is important to

understand your role as a player for Austin Girls Soccer, lead by example, complement each other (teamwork) and embrace what we are doing as a team to become a good soccer program as well as a good soccer player.

We ask you to look over these rules carefully and understand that we want to be a strong representation of Austin Girls Soccer! We cannot wait to start with you student athletes this season!

Coach Amber Rochat, Head Coach

Coach Monika Vargus, Assistant Head Coach/JV Coach

Austin Girls Soccer Contract

2024 Season

Our goal is to keep our athletes healthy and academically sound, so with your help we can achieve a winning season! We do ask you and your student athlete please sign and return this form at tryouts. Thank you! If you have any questions, please feel free to contact me.

I, _____, have read and understand the rules and student contract given to me by the coaches of Austin Girls Soccer. I am committed and willing to sign the contract as a representation of my commitment to the girls' soccer program at Austin High School. By signing this contract, I agree to the rules, regulations, consequences and conditions in the school contract and expectations provided.

Parent Signature: _____ Date: _____

Player Signature: _____ Date: _____

August 2024

REMIND APP information: Text 81010. In the message: @girls1socc. Coaches will use remind for updates on schedules and practice. ALL athletes need this app messaging system. Parents are welcome to join as well!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	July 29 Captains Practice 9-10:30 Track	July 30 Captains Practice 9-10:30 Track	July 31 Captains Practice 9-10:30 Track	1 Captains Practice 9-10:30 Track	2 Captains Practice 9-10:30 Track	3
4	5 Captains Practice 9-10:30 Track	6 Captains Practice 9-10:30 Track	7 Captains Practice 9-10:30 Track	8 Captains Practice 9-10:30 Track	9 Captains Practice 9-10:30 Track	10
11	12 Tryouts 6:30-8:30 am 4-6 p.m.	13 Tryouts 6:30-8:30 am 4-6 p.m.	14 Tryouts 6:30-8:30 am 4-6 p.m.	15 Practice 4-6 p.m.	16 Practice w/ teams 4-6 p.m.	17 Car Wash Fundraiser Time TBD
18	19 Practice 4-6	20 Practice 4-6	21 <u>Scrimmage: St Paul. Johnson Sr. High</u> <u>Varsity Only on track</u> 4:30 PM	22 Away Game Kasson JV: 4 p.m. V: 6 p.m.	23 Practice 4-6	24 Away Game Waseca JV: 10 a.m. V: 12 p.m.
25	26 Away Game Roch Lourdes JV: 5 p.m. V: 7 p.m.	27 Pictures 4 P.M. Power Practice afterwards till 6 p.m.	28 Practice 4-6 p.m.	29 Away Game Roch John Marshall JV: 5 p.m. V: 7 p.m.	30 Practice 4-6 p.m.	31

September 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Practice 4-6	3 Home Game Albert Lea JV @ 5 Varsity @ 7	4 Practice 4-6	5 Away Game Owatonna JV @ 5 Varsity @ 7	6 Practice 4-6	7 Away Game Worthington JV @ 11 am Varsity @ 1 p.m.
8	9 Taco Johns Fundraiser 4-8 Practice 4-6	10 Home Game Faribault JV @ 5 Varsity @ 7	11 Practice 4-6	12 Away Game Rochester Mayo JV @ 5 Varsity @ 7	13 Practice 4-6	14 Home Game Byron JV @ 10 Varsity @ 12
15	16 Practice 4-6	17 Home Game Mankato West JV @ 5 Varsity @ 7	18 Practice 4-6	19 Away Game Red Wing JV @ 5 Varsity @ 7	20 Practice 4-6	21
22	23 Practice 4-6	24 <u>Seniors Night</u> Home Game Northfield JV @ 5 Varsity @ 7	25 Practice 4-6	26 <u>Parents Night</u> Home Game Winona JV @ 5 Varsity @ 7	27 Practice 4-6	28 Homecoming
29	30 Practice 4-6					

October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Away Game Mankato East JV @ 5 Varsity @ 7	2 Practice 4-6	3 Home Game Rochester Century JV @ 5 Varsity @ 7	4 Practice 4-6	5
6	7 SECTIONS WEEK DATES AND TIMES TBD (includes practices for Varsity)	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Dates are subject to change. [Big 9 Conference](#) will have the current and updated information on locations of games.

Important Dates Fall 2024

Practices on non-game days will be at Wescott from 4 p.m. to 6 p.m.

Captains Practice

July 29-Aug 2 9-10:30

August 5- 9 9-10:30

Tryouts Week

August 12-16

Senior Night

September 24th

Parent Night

September 26th

Taco Johns Fundraiser Night September 9th. 4-8 p.m.

Car Wash Fundraiser

Tentative Date August 17.

Time TBD.

Team Pictures

August 27 4 p.m.