

2024 Girls Soccer Season



Varsity Head Coach Kristin Liukkonen:

This will be my 10th year coaching the girl's program at Ridge and my 4th year with the boys' soccer. A little about my background: I graduated from Timberline HS many years ago, while playing for Timberline I also played club soccer for TC before it was an official club and on the ODP program team. After graduating HS, I played at Tacoma Community College and then at Seattle University. After graduating college, I traveled around the country with my husband while he served in the Marine Corps. We have three kids, my oldest is Senior at PLU pursuing a music education degree, my daughter will be a junior at Timberline and my youngest son will be a 7th grader at Komachin MS. I currently teach 5th grade at Olympic View. I have been coaching for 30+, I started my coaching career in HS at 16 coaching summer camps. I have coached club soccer in WA and NC all ages, from 8/9-year old's to 18-year-old girls and boys.

Assistant Coaches: Nicole Cook, Abigail Moldenhauer, Jesse Allred, Krista Feer

Program Goals:

We have a few goals we like to live by while coaching and growing the program.

1. **Safety:** We will make sure the safety and health of each player is always a top priority.
2. **Growth Mindset:** We create an atmosphere where mistakes happen and are ok but it how we support each other through those mistakes and how we learn from them.
3. **Success on the Field:** This is not always measured through winning on the field but how we can develop as players and a team which in return should show success on the field.
4. **Accountability:** We commit to being at practices and games properly equipped and ready to play every day. Only through this will we be able to grow and develop as a team.

Practice and Game Expectations:

1. Punctuality: Be at practice and games on time ready to start, value the time we have together
2. Energy: Come with a positive attitude ready to work
3. Effort: Be willing to put in 100% every time
4. Purpose: All practices will be planned with intention...each training session will relate to games

Program Philosophy

1. All athletes are given the chance to make varsity.
2. Grade level does not have any implications on playing time or what team you play on.
3. The top 15-18 players will be selected on Varsity. Criteria for selection is based on the 4 Game pillars: Technical, Tactical, Physical, Mental.
4. Varsity athletes playing time is not guaranteed and can be based on attitude, grades, performance at practices, attendance and game situations.
5. JV will place emphasis on development and preparing that athlete for the Varsity level.
6. JV athletes will be guaranteed playing time, however playing time will not be equal.
7. Coaches have an open-door policy.

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Absences

NTPS policy requires the athlete must be in school and on time the entire day to participate in athletic activity. If the absence is a medical absence the athlete must have Doctors Note to excuse the absence.

Any player who misses a practice the day before a game will have their playing time affected. Players are expected to contact the coach if they will be late or miss practice/games

Players are expected to make all games/practices and team functions. Consistently missing or being late can cause a change in playing time, role on the team, or removal from the program.

Academic Eligibility

A student athlete must maintain a 2.0 GPA or be passing 5 of 6 classes with grades above a "D". Grade checks will be conducted 2-3 times throughout the season by the Athletic Director. If your player is ineligible to play, they will remain so until grades have been raised to a 2.0 GPA. Our first grade check will be mid-September.

Lettering Policy

Players will letter if they meet the following conditions:

- 1) Follows all program, NTPS and WIAA rules.
- 2) Finishes the season with program. If a player leaves or is removed from the program at any point in the season, they will forfeit their letter.
- 3) Attends most of all practice, games, and team functions.
- 4) A varsity player who suffers a season ending injury will be considered for a letter if she stays involved in the program.
- 5) Participates in at least a 3rd of the games during the season. We play a 16-game season, so this is roughly 5 games.

Away Games

All players are expected to ride the bus to away games, if the transportation release form is signed, they may ride home with a parent or guardian.

We will only have buses for the away games listed below, all other games are considered in town so players will be responsible for their own transportation to and from games. All home games are played at South Sound Stadium (at North Thurston HS). We will mostly likely stop to eat after these away games so please send your player with some money or a snack.

Sept 7 Evergreen (Vancouver, will stop for food)

Sept 10 Black Hills HS (this will be a drop off only)

Sept 12th Centralia HS (will stop for food)

Sept 17th Lakes HS (will not stop for food)

Oct 8th Peninsula HS (will stop for food)