



## **COOPER HIGH SCHOOL LADY JAGS SOCCER** **2025 General Information**

Thank you for your interest in the Lady Jags soccer program. We have already been busy preparing for the 2025 season, are meeting with players for their individual development plans, and will soon look to launch training sessions to help interested players prepare for the important training in June and tryouts in July. The Lady Jags coaching staff has prepared this document to provide you with general information about the Program, the Coaches, and some “key” dates to keep in mind.

### **Lady Jags Soccer Program**

The Cooper High School Lady Jags Soccer program is comprised of Varsity and Junior Varsity (JV) teams, and a Freshmen team if the number of players permits it. Our Varsity team can include players from grades 9 through 12. Our JV team typically includes players from grades 8 through 10. The Freshman team consists of players only in grades 7 through 9.

### **Why You Should Choose to Play in the Lady Jags Soccer Program**

**Competitive soccer experience** – all our teams compete at extremely high levels, playing a fun and rigorous schedule against top quality teams and district rivals.

**Player development** – through our training program, girls improve their skill, playing, fitness, and game understanding levels, with players pushing beyond their self-imposed limitations to transform into better players and teammates. Players from our Program receive All-State, All-Region, and All-District recognition.

**Team bonding experiences and having fun** – our players and teams participate in team events that lead to unique bonding experiences, including: out-of-town trips and overnight stays; team camps; team meals; team yoga; movies; picnics and Senior-created team events; player integration activities, soccer sisters pairings of older with younger players for mentoring; desserts at the field and ice cream runs.....

**Leadership** – we actively promote leadership opportunities and work with our players to find, develop, and use their leadership strengths within the team and beyond the field.

**Community Involvement** – our players interact with their local community through various fundraising efforts, helping youth soccer players, and other events that support local organizations.

**Senior scholarships** – we award at least 2 scholarships each year to two of our graduating seniors.

**Networking** – our soccer family of current and past players can serve as an important first networking tool for the girls. We connect our players for current needs at Cooper HS, for near-term needs at college, and ultimately for future and long-term career needs as our players seek employment opportunities.

**Letters of Recommendation** – the coaches invest time into each player as a student and person and serve as a resource to write letters of recommendation for scholarships, and school and job/career applications.

## Coaches' Information

**Scott Hughes** is the Varsity Head Coach and leads the overall Program assisting the JV and Freshman teams and coaches. Coach Hughes can be contacted at any time by e-mail ([coachhughes18@gmail.com](mailto:coachhughes18@gmail.com)), or by cell phone (859-912-0310); and can be followed on Twitter @CooperLadyJags. For any players “new” to the program in 2025, please have your parents e-mail Coach Hughes to get on the parent-player e-mail distribution list.

**Tori Neltner** is the Assistant Varsity Coach and Head Coach of the JV Team and is one of our former Lady Jag Players.

**Megan Kain** is the Head Coach of the Freshmen Team and is one of our former Lady Jag Players.

**Melanie Stewart** is the coach and trainer for the goalkeepers and assists Varsity, JV, and Freshmen.

**Mariann McDermott** is the assistant coach for entire Program supporting all teams and players.

## Key Dates

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|--------------------|---|
| Early February     | Information Sheet provided to Middle Schools and to Cooper High School for distribution to potentially interested players   |
| February 26        | Parent/Player meeting from 6:00-7:30 p.m. (in the Library at Cooper High School) to share the full game schedule and Master Calendar for training and team events, discuss expectations, and to answer open questions from parents and players. |
| March/April/May    | Voluntary spring training sessions (days and times are TBD and based upon availability and interest of players)   |
| June 2             | Summer training and workouts begin and pre-tryout parent meeting  |
| June 25-July 9     | Mandatory “Dead Period” (no contact between players and coaches)  |
| July 15            | 2 tryout sessions (one in the morning, and one in the evening) followed by player selections and team assignments. All attendance is mandatory starting July 15.  |
| July 16 – August 9 | Training, team bonding events, and preseason scrimmages   |
| Week of Aug 11     | Regular season game schedule begins   |