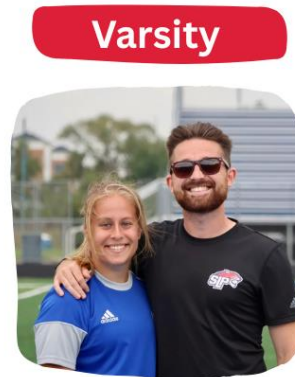




Welcome to Spring Lake Park Boys Soccer 2025!

# Meet Your Coaches

- Head Coach: **Luke Pauly**
  - [Lpauly@district16.org](mailto:Lpauly@district16.org)
  - 518.888.4619
- Assistant Coach: **Megan Hansen**
  - [Meganhansen438@gmail.com](mailto:Meganhansen438@gmail.com)
  - 763.273.3418
- JV Coach: **Feras Tabakh**
  - [Feras.tabakh@hotmail.com](mailto:Feras.tabakh@hotmail.com)
  - 612.471.5993
- Assistant JV Coach: **Luis Robles**
  - [Luizrobles8@gmail.com](mailto:Luizrobles8@gmail.com)
  - 651.468.4779
- B- Squad Coach: **Nour Ali**
  - [Nali@district16.org](mailto:Nali@district16.org)
  - 763.203.1461
- C – Squad Coach: **Zach Wasson**
  - [Zwasso@district16.org](mailto:Zwasso@district16.org)
  - 937.286.4518



LUKE PAULY  
&  
MEGAN HANSEN



FERAS TABAKH



LUIS ROBLES



NOUR ALI



ZACH WASSON



Part 1

# Spring Lake Park Boys Soccer Program



# Program Philosophy

*The boys' soccer program at Spring Lake Park High School is concerned with the growth and development of all participants.  
First as a person, second as a student and third as an athlete.*



# Core Values

- Pride in Representation** - Honor our school and community in all we do
- Academic Excellence** - Education is our top priority
- Unity & Support** - We lift each other up at every level
- Growth Mindset** - Emphasize effort, improvement, and readiness
- Joy in Competition** - Embrace the game with enthusiasm and fun



# Team Rules & Expectations

Respect all team members, coaches, refs, and opponents

No Abuse  
or  
Foul Language

Mandatory Attendance for ALL Practices/Games

No job-related absences during season

Comply with MSHSL uniform regulations



Part 2

# Tryout Week

# Tryout Information

## Dates:

August 11<sup>th</sup> – 15<sup>th</sup>

## Daily Sessions:

8:00–9:30 AM & 11:00–12:30 PM

## Location:

National Sports Center – Fields 48 & 49

## Check-In:

7:00 AM on August 11<sup>th</sup>

## Bring:

Cleats, shin guards, soccer ball, water,  
running shoes, **\$25 for tryout shirts/socks**



# Tryout Week Schedule

---

## Monday

8:00 – 9:30 AM & 11:00 – 12:30 PM

(Check In starts @7am)

---

## Tuesday

8:00 – 9:30 AM & 11:00 – 12:30 PM

---

## Wednesday:

8:00 – 9:30 AM & 11:00 – 12:30 PM

(Parent and Athlete Picnic @4:45pm)

---

## Thursday

8:00 – 9:30 AM & 11:00 – 12:30 PM

---

## Friday

8:00–9:30 AM

(Fundraiser Blitz from 3pm – 9pm)

---

\* Saturday, Aug 16th \*

Varsity Scrimmages 9:00am – 12:00pm (Select Players Only)

# Registration Requirements



**Online Registration via SLP Website**

<https://springlakepark2070a.cf.affinitysolutions.com/?p=2864>



**Pay Student Athletic Fee ~ \$200**

(Reduced Lunch \$100, Free Lunch \$0)



**Current Sports Physical on File**

(Good for 3 years... Email Kelly Woods if you need help)



**\$25 Tryout Fee - bring to Check In (cash, check, Venmo)**

**\*\*Checks made out to SLP Boys Soccer Booster Club**

**(includes 2 tryout shirts + game socks)**

# Tryout Process

## Soccer Evaluations:

- Passing, Vision, Footskills, Defense Effort, Field Presence & Final Touch

## Technical Tests:

- 40-yard dash, juggling, agility, accuracy, etc.

## Note:

- Summer team does not determine school team
- Must be cleared by the school to participate

**Bring water and lunch if you stay between  
try out sessions!!**



# Fitness Test



# Skills Test



## Yo – Yo Intermediate Recovery Test

Yo-Yo Test Recording Sheet

*Yo-Yo Intermittent Recovery Test Level 1*

Level	5.1								
Level	9.1								
Level	11.1	11.2							
Level	12.1	12.2	12.3						
Level	13.1	13.2	13.3	13.4					
Level	14.1	14.2	14.3	14.4	14.5	14.6	14.7	14.8	
Level	15.1	15.2	15.3	15.4	15.5	15.6	15.7	15.8	
Level	16.1	16.2	16.3	16.4	16.5	16.6	16.7	16.8	
Level	17.1	17.2	17.3	17.4	17.5	17.6	17.7	17.8	
Level	18.1	18.2	18.3	18.4	18.5	18.6	18.7	18.8	
Level	19.1	19.2	19.3	19.4	19.5	19.6	19.7	19.8	
Level	20.1	20.2	20.3	20.4	20.5	20.6	20.7	20.8	

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Surface: \_\_\_\_\_

Conditions: \_\_\_\_\_

- Juggling
- Pass Accuracy
- Push Ups
- Pro- Agility
- 40 Yard Dash



# How to Prepare for Tryouts



Get into the weight room



Work on your endurance

- *Practice running the Yo-Yo Intermittent Recovery Test*



Practice foot skills regularly



Watch good soccer regularly



Get touches on the ball



Part 3

# Fundraising, Volunteering & The Boosters



- **Pep Rally** – Monday August 11<sup>th</sup> @ 12:30 pm
  - Next to Centerview Elementary, Field 48
- **Pep Rally/Picnic** – Wed. August 13<sup>th</sup> @ 5:00 pm
  - Spring Lake Park High School
- **Blitz** – Friday August 15<sup>th</sup> @ 3:00 pm
  - Meet at 3:00 pm, Sell 4:00 pm – 8:00 pm
  - SLP High School, Kenneth Hall

**We Need Parent Drivers for the Blitz!!**

Thank You for Supporting  
Spring Lake Park Boys Soccer

**HUNDREDS OF DOLLARS IN SAVINGS!** | WE CAN HELP YOUR GROUP WITH FUNDRAISING TOO!  
CALL JON AT IMPACT FUNDRAISING, 763-208-4944

**ONLY \$20**

<p><b>BUNKER HILLS</b> GOLF CLUB • Est. 1968 13800 Bunker Prairie Rd • Coon Rapids</p> <p><b>Buy one, get one FREE</b> for the Executive Course</p> <p><small>One use per person per day Not valid with other coupons or discounts</small></p> <p><b>UNLIMITED USE</b> through 8/31/26</p>	<p>2025 105th Ave NE • Blaine</p> <p><b>\$5 OFF</b> minimum \$30 purchase</p> <p><small>Not valid with other coupons or discounts One use per person per day</small></p> <p><b>UNLIMITED USE</b> through 8/31/26</p>	<p>2025 105th Ave NE • Blaine</p> <p><b>\$5 OFF</b> minimum \$30 purchase</p> <p><small>Not valid with other coupons or discounts One use per person per day</small></p> <p><b>UNLIMITED USE</b> through 8/31/26</p>	<p>8521 Central Avenue NE • Spring Lake Park</p> <p><b>Buy 1 Blizzard get one for 99¢</b> Equal or lesser value</p> <p><small>One use per person per day Not valid with other coupons or discounts</small></p> <p><b>UNLIMITED USE</b> through 8/31/26</p>
<p>EST. 1994 2100 105th Ave • Blaine 170 87th Ave • Blaine</p> <p><b>\$1 OFF</b> any drink</p> <p><small>One use per person per day Not valid with other coupons or discounts</small></p> <p><b>UNLIMITED USE</b> through 8/31/26</p>	<p>10340 Bateman Street • Blaine</p> <p><b>FREE</b> Chips and Drink with purchase of a Regular or Giant Sandwich</p> <p><small>One use per person per day Not valid with other coupons or discounts</small></p> <p><b>UNLIMITED USE</b> through 8/31/26</p>	<p>Blaine - 763-434-3707 Blaine - 763-382-8811 Coon Rapids - 763-423-2312 Ellis River - 763-381-3844 Fisher - 763-370-3330 Sharkey - 763-325-7072</p> <p><b>\$3 OFF</b> Family Size Pizza</p> <p><b>\$2 OFF</b> Large Size Pizza</p> <p><small>One use per person per day Not valid with other coupons or discounts</small></p> <p><b>UNLIMITED USE</b> through 8/31/26</p>	<p>10445 University Ave. NE • Blaine</p> <p><b>Buy a Large 1-Topping Pizza Get ONE FREE</b> Equal or lesser value Coupon only</p> <p><small>Not valid with other coupons or discounts</small></p> <p><b>UNLIMITED USE</b> through 8/31/26</p>
<p>3305 Elm Rapids Cir • Coon Rapids</p> <p><b>\$5 OFF</b> a \$25 purchase</p> <p><small>Not valid with other coupons or discounts One use per person per day</small></p> <p><b>UNLIMITED USE</b> through 8/31/26</p>	<p>12145 Uppass Street NE • Blaine</p> <p><b>\$5 OFF</b> a minimum \$25 purchase</p> <p><small>One use per person per day Not valid with other coupons or discounts</small></p> <p><b>UNLIMITED USE</b> through 8/31/26</p>	<p><b>PART OF THE CIRCLE K FAMILY</b> Valid at all Holiday locations</p> <p><b>10¢ OFF Per Gallon</b> Limit 20 Gallons</p> <p>Not valid with other coupons or discounts</p> <p><b>UNLIMITED USE</b> through 8/31/26</p>	<p>RESTAURANTE MEXICANO Good at ALL locations</p> <p><b>\$5 OFF</b> a minimum \$25 purchase</p> <p><small>Not valid with other coupons or discounts</small></p> <p><b>UNLIMITED USE</b> through 8/31/26</p>

FREE ITEM ASSUMES EQUAL OR LESSER VALUE AND ONE USE PER VISIT • NOT GOOD WITH OTHER OFFERS • OTHER RESTRICTIONS MAY APPLY



# Blitz/ Fundraising

## Monday

Fundraiser Cards  
Handed out to players

## Tuesday/Thursday

Presales



12:30 – 12:45pm

5:00 – 5:30pm

All Day

3pm – 9pm

## Wednesday

Fundraiser Explained to  
Parents at the Picnic

## Friday

Fundraiser Blitz  
(Door to Door from 4-8pm)

NOTE: A 2<sup>nd</sup> fundraiser will be done mid-year (not typical!)

\*\*We **L**  **VE** our Volunteers!! Please sign up today!!\*\*



# **SOCCER BOOSTERS**

## **How to help:**

- Drive for the BLITZ fundraiser on Aug 15th
- Set up for Senior Night on Sept 23rd
- Help with Banquet set up, sign in, or clean up
- Host a carb load at your house the day before a game
- Sign up for concession stand sales throughout the year
- Look out for other volunteer opportunities on FB or email



**Get Involved:** [slpboysoccerboosters@gmail.com](mailto:slpboysoccerboosters@gmail.com)



**Stay Informed:** [Spring Lake Park Boys Soccer FB group](#)

Part 4

# Post Tryout Week Season

# Team Structure

**Varsity**: Top 16–22 players (Grades 8 – 12)

***\*Performance\****

**Junior Varsity (JV)**: Grades 9 – 12

***\*Preparatory\****

**B - Squad**: Grades 10 – 12

***\*Participatory\****

**C - Squad**: Grades 7 – 9

***\*Participatory\****

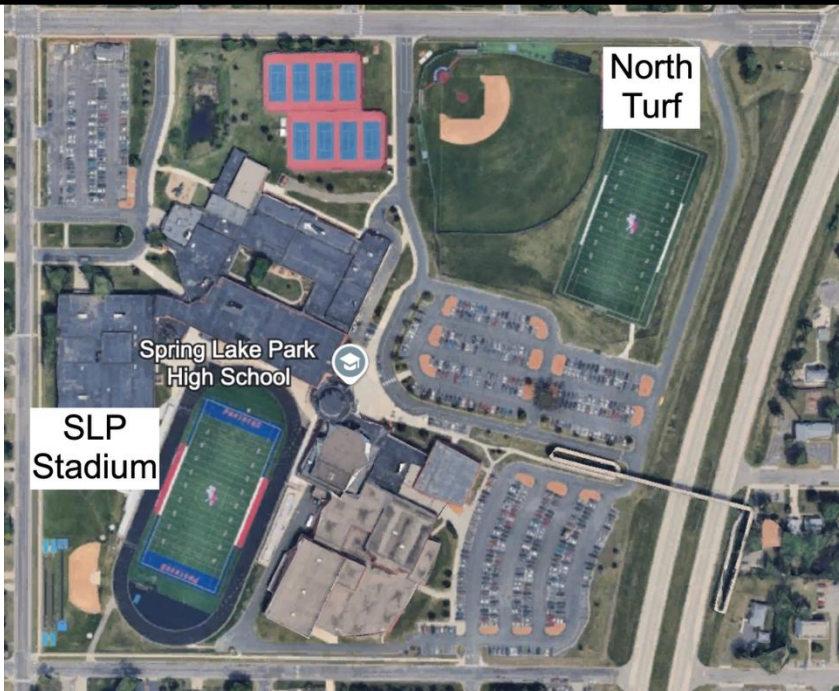
**Note**: No Cuts — Every player is placed on a team

# Practice Schedule (Post - Tryouts)

C & B Squads:

3:30 – 5:00 PM

@ NSC Turf Field 29 or 48  
(Activities Bus)



JV & Varsity:

4:00 – 5:30 PM

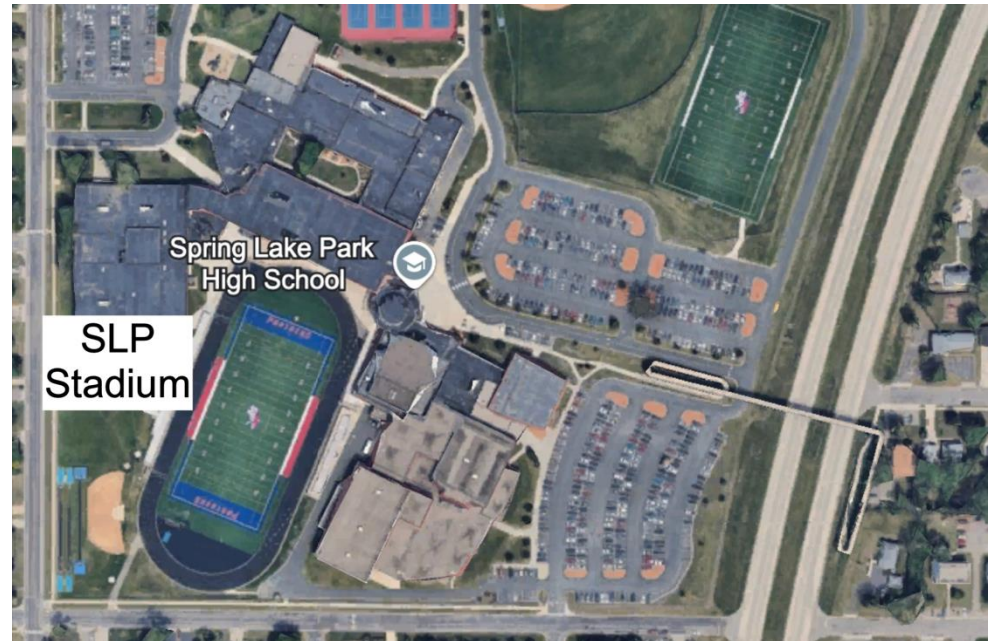
@ SLP Stadium or North Turf

# Home Game Schedule (Time/Location)

C-Squad, B-Squad, & JV:  
4:00 PM or 5:30 PM  
@ NSC Turf Field 48  
(Activities Bus)



Varsity:  
5:00 PM or 7:00 PM  
@ SLP Stadium



# Away Game Bus Pick Up/Drop Off

ALL Teams:

Door #6

@ SLP Pool Doors

*\* ALL Players Must ride the team bus to and from ALL Away Games \**



# Season Details

- ~16 games per level
- Players must communicate to their coaches 24 hours in advanced if they have to miss a practice or game.
- No playing time if you miss the practice before a game (*unless excused by the coach ahead of time*).
- **\*NO CLUB SOCCER\*** during the high school season (Mid-August to October).
  - *Must choose one or the other for the season*
  - *This includes weekends too*



# Equipment & Uniforms

- Players responsible for returning game kit (shirt & shorts) in good condition at the end of the season
- Must bring both practice shirts to every practice
- Must wear shin guards at all time
- No game uniforms at practice
- Must wear game uniforms for all games



Part 5

# Communication

# Spring Lake Park Boys Soccer Website



Spring Lake Park High School Athletics   Westwood Athletics   Academic Eligibility   Fan Zone

HOME > ATHLETICS > SPRING LAKE PARK HIGH SCHOOL ATHLETICS > BOYS SOCCER

## Boys Soccer

### 2025 Fall Sports Meeting - July 29

The 2025 fall sports meeting for athletics will take place on Tuesday, July 29 at 6 p.m. in the Fine Arts Center at SLPHS.

The Boys Soccer preseason meeting will take place on Tuesday, July 29 in the Science Atrium immediately following the fall sports meeting.

### 2025 Tryout Information

[Click to view information on 2025 tryout for the Boys Soccer team](#)

### 2025 Dynamic Game/Practice Schedule

### Register for Boys Soccer

### Boys Soccer Facebook

### Head Coach

**LUKE PAULY**  
Teacher of Secondary Education Math,  
Teacher for Summer School, Coach

### Soccer Details

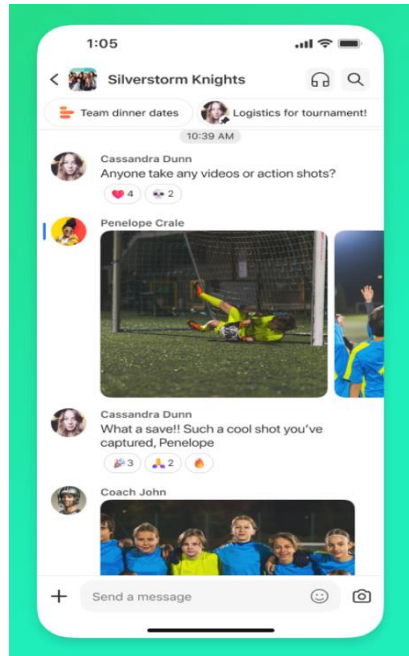
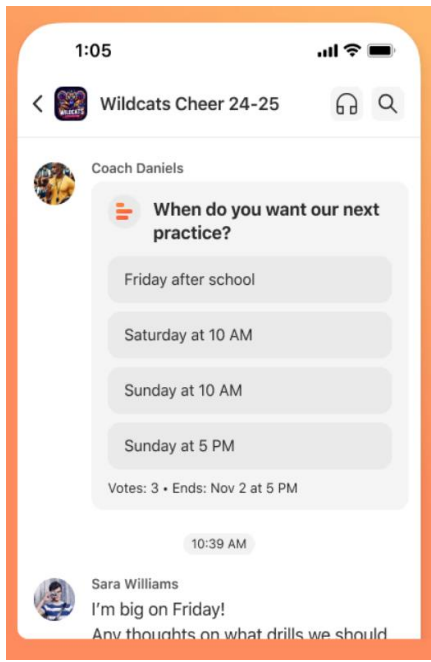
- + **Boys Soccer Team Rules/Expectations**
- + **NWSC Game Schedule**
- + **Meet Your Coaches**

# Boys Soccer 2025 Game/Practice Dynamic Calendar

## Boys Soccer 2025 Game/Practice Schedule

August 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Key:</b> P3 Panther Stadium NT North Turf N42 NSC Field 42-Turf N48 NSC Field 48-Turf N28 NSC Field 28-Turf	<b>July 29th</b> <b>Pre-Tryout Camp:</b> 9:00-11:00am SLP HS North Turf	<b>July 29th</b> <b>Pre-Tryout Camp:</b> 9:00-11:00am SLP HS North Turf  <b>Fall Sports Meeting:</b> 6-8pm SLP High School	<b>July 30th</b> <b>Pre-Tryout Camp:</b> 9:00-11:00am SLP HS North Turf	<b>July 31st</b>	<b>August 1st</b>	<b>August 2nd</b>
3 <b>GREEN = Home Game</b> <b>RED = Away Game</b> <b>BLUE = PRACTICE</b>	4	5	6	7	8	9
<b>10</b> <b>TRYOUT WEEK</b>	<b>11</b> <b>Tryouts:</b> 8:00am - 12:30pm NSC 48/49	<b>12</b> <b>Tryouts:</b> 8:00am - 12:30pm NSC 48/49	<b>13</b> <b>Tryouts:</b> 8:00am - 12:30pm NSC 48/49  <b>Parent Picnic:</b> 5-7pm SLP High School Great Hall	<b>14</b> <b>Tryouts:</b> 8:00am - 12:30pm NSC 48/49	<b>15</b> <b>Tryouts:</b> 8:00am - 9:30am NSC 48/49  <b>Fundraiser Blitz:</b> 3:00-4:30pm High School Kenneth Hall	<b>16</b> <b>Varsity Scrimmages:</b> 9:00am - 12:00pm NSC Field 49
17	<b>18</b> <b>Practices:</b> WJV- 4:00-5:30 PS 8B- 3:30-5:00 N49	<b>19</b> <b>Practices:</b> WJV- 4:00-5:30 PS 8B- 3:30-5:00 *NT* <b>Picture Day 3:30-4:30 PS</b>	<b>20</b> <b>Practices:</b> WJV- 4:00-5:30 NT 8B- 3:30-5:00 N49	<b>21</b> <b>Home Games: (Roseville)</b> V- 5:00-7:00 PS JV- 3:30-5:00 NT B- 5:00-7:00 N48 8A- 3:30-5:00 N48	<b>22</b> <b>Practices:</b> WJV- 4:00-5:30 NT 8B- 3:30-5:00 N49	<b>23</b> <b>Home Games: (Stillwater)</b> V- 1:00-3:00 PS JV- 11:00-12:00 PS B- 11:30-12:45 NT 8A- 10:00-11:15 NT
24	<b>25</b> <b>Away Games: (Irondale)</b> V- 7:00-9:00 Irondale HS JV- 5:00-7:00 Irondale HS  <b>Practices:</b> 8B- 3:30-5:00 N49	<b>26</b> <b>Practices:</b> WJV- 4:00-5:30 NT 8B- 3:30-5:00 N29	<b>27</b> <b>Away Games: (Rogers)</b> V- 7:00-9:00 Rogers HS JV- 5:30-7:30 Rogers HS  <b>Practices:</b> 8B- 3:30-5:00 N48	<b>28</b> <b>Practices:</b> WJV- 4:00- 5:30 *N49*  <b>Home Games: (Rogers)</b> B- 5:15-6:30 N48 8A- 4:00- 5:15 N48	<b>29</b> <b>Practices:</b> WJV- 4:00- 5:30 PS 8B- 3:30-5:00 N29	30



## Team Communication



Players will be added to a GroupMe Chat for their team.



Coaches will post weekly schedules and updates.



Players can chat with their coach and teammate from there.

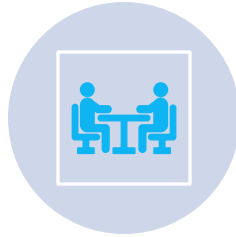


All players will use either their phone or School iPad to access their GroupMe.

# Player/Parent & Coach Communication



PLAYERS BRING  
CONCERNS TO  
COACHES FIRST



PARENT-COACH  
MEETINGS  
ONLY AFTER  
PLAYER  
MEETING



NO POST-  
GAME ISSUE  
DISCUSSIONS  
(24 HOUR RULE)



SCHEDULE  
MEETINGS VIA  
PHONE/EMAIL

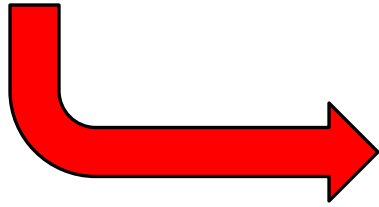


# Final Reminders

- **Maximize Ball Contact** - Get as many touches as possible during practice
- **Fuel Your Body** - Stay hydrated and maintain healthy eating habits
- **Equipment Preparation** - Break in new cleats **at least two weeks** before tryouts (*no new cleats on day one!*)
- **Self-Advocacy** - Encourage players to speak up and ask questions
- **Club Support** - Sign up to volunteer with our Booster Club



# Coaches Information



# Questions?



- Head Coach: **Luke Pauly**
  - Lpauly@district16.org
  - 518.888.4619
- Assistant Coach: **Megan Hansen**
  - Meganhansen438@gmail.com
  - 763.273.3418
- JV Coach: **Feras Tabakh**
  - Feras.tabakh@Hotmail.com
  - 612.471.5993
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