

Dave Bahr

Subject:

FW: Austin HS Girls Soccer Handbook

WELCOME TO AUSTIN PACKER GIRLS SOCCER 2026. WE LOOK FORWARD TO A GREAT SEASON OF FUN, EXCITEMENT AND COMPETITION. WE HOPE YOU WILL LEARN THROUGH THE UNIVERSAL SOCCER ACTION REFERENCE.

1. COMMUNICATING WITH TEAMMATES, OPPONENTS, REFEREES AND THE ENVIRONMENT
2. DECIDING WHAT YOU ARE GOING TO DO AND THEN DECIDING HOW YOU ARE GOING TO GET THAT DONE
3. EXECUTING YOUR DECISION.
4. FITNESS IN A SOCCER CONTEXT SO YOU CAN DO MORE ACTIONS PER MINUTE AND THROUGHOUT THE LENGTH OF THE GAME

THIS REFERENCE CAN BE DESCRIBED AT CDE/F. AS COACHES WE WORK THE MOST ON IMPROVING COMMUNICATING. WE WANT CREATIVE PLAYERS WHO OPERATE WITH FREEDOM SO WE LET THE PLAYERS DO THE DECIDING AND EXECUTING. IF INCORRECT, WE WILL HELP YOU IMPROVE YOUR THINKING BUT IT IS YOUR DECIDING THAT IS IMPORTANT.

OUR THEME FOR 2026: STRIVE FOR 1% IMPROVEMENT EACH DAY, IN EVERYTHING YOU DO!

TEAM FORMATION

The Varsity team will consist of 15-18 players. The roster will be predominantly Juniors and Seniors, however sophomores and below, who are capable of **starting** and playing a key role on the team will be brought on without hesitation.

Players not making the Varsity roster will be used to fill out the Junior Varsity and Junior High teams. Those teams play a full slate of games, often against the same schools the Varsity plays.

Team formations and playing strategies will be determined after the teams are formed.

In our system, all varsity starting positions are open to challenge from the non starters to players on the lower level teams. Every year we move players between teams as injuries, violations or school academics dictate. In our system hard work and effort along with a good attitude pay off.

Seniors must make the Varsity squad as the JV is reserved for underclassmen.

ABSENSES AND LATES

Out of respect to your fellow teammates and coaches, we ask that you be early to practice and games so you are ready when we start either the pregame meeting or practice. If you will miss practice please let me know so we can bring in another player to take your spot.

VIOLATION

Penalty

Late for practice or game
Miss Practice- excused

won't start or be introduced as a starter
won't start or be introduced as a starter

Miss Practice- unexcused

Sit out the next game

Injured players are expected to be at practice and focus on the content of practice so you are up to speed with the rest of the team.

Players must be in school in order to practice or compete in a game. Doctor appointments must be called in 24 hr in advance to be eligible to play unless it is an emergency. Students arriving [at school](#) after 8:30 am are ineligible to compete that day.

LETTERING

Any player who plays in 9 Varsity games will be eligible to letter.

CHANGING INTO UNIFORM POLICY

It is a Big9 rule that players can't change on the field. You must change either in the locker room or on the bus. This includes games and practices.

VARSITY TEAM CAPTAINS:

This year's captains are

Brooke Aldrich

Ava Lillis

Lauren Nelson

They are very willing to help and advise every player from Seniors to 7th graders. They are our most experienced leaders and want to see the team achieve success.

COLLEGE BOUND

Players who want to be recruited for college teams please advise me. I get numerous inquiries from various teams throughout the country but will not pass along any names without your permission.

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UNIFORMS

Uniforms are provided for both home and away jerseys and shorts. Players must purchase their own socks. Varsity players must have a pair of white and a pair of red socks for home and away games. Undergarments must match the color of the jersey or short depending on where they are worn. Shin guards must be NOCSAE approved. SG type spikes work well for natural fields at night when the grass has dew. **Night games at home, late in the season, become very slippery. You may want to have a pair of shoes outfitted with SG Cleats to improve traction.**

You are responsible for returning your uniform upon completion of the season.

MISCELLANEOUS

Bring your own water bottles and don't share them. Illness seems to rapidly spread through a team and can be caused by sharing water bottles.

Avoid eating three hours prior to competition. Drink fluids and carbs after competition to replenish lost electrolytes. Chocolate Milk has been proven to be a great recovery beverage.

Bring insect repellent. It gets very bad during our night games.

The season starts warm and ends up cold. Even days are hot during the JV game but very cold once the sun goes down for the Varsity game. Bring enough warm clothes to adjust.

We want all the teams to watch the Varsity game but there may be instances when JH may leave early to avoid staying out too late. You may also catch a ride home with a parent as long as a form is filled out 24 hours prior and I see you leave with your parent. See the School Parents Handbook for the form required. You may not leave with anyone who is not a parent or legal guardian. The school will provide bus transportation to and from all away games unless otherwise noted.

TEAM STRATEGY

The day before a game we will put together a game plan. We need your complete attention during this time and you will be expected to execute the plan during the game. On game day Varsity will meet for a pregame meeting 45 minutes prior to game time for a short meeting. All players must be fully dressed and ready to go at that time. At halftime we will make adjustments to the game plan and will again need everyone's complete attention. After the game, the team will run a post game lap and pick up corner flags followed by a cool down and team stretch. All equipment must be returned to the storage rooms before anyone may go home. **COACHES RESERVE THE RIGHT TO CHANGE ANY OF THESE GUIDELINES AS CONDITIONS DICTATE.**

CONTACTS

VARSITY	DAVE BAHR	507- 254-6858
JV	KORY KLOUSE	507-481-6722
C	Hector Hernandez	507-460-2869