



Welcome to Spring Lake Park Boys Soccer!

Meet Your Coaches

- Head Coach: **Luke Pauly**

- Lpauly@district16.org
- 518.888.4619

- Assistant Coach: **Megan Pauly**

- Meganhansen438@gmail.com
- 763.273.3418

- JV Coach: **Feras Tabakh**

- Feras.tabakh@hotmail.com
- 612.471.5993

- Assistant JV Coach: **Nour Ali**

- Nali@district16.org
- 763.203.1461

- B – Squad Coach: **Luis Robles**

- Luizrobles8@gmail.com
- 651.468.4779

- C – Squad Coach: **Zach Wasson**

- Zwasso@district16.org
- 937.286.4518

Varsity



COACH PAULY
&
COACH MEGAN

JV



COACH FERAS

JV



COACH ALI

B-Squad



COACH LUIS

C-Squad



COACH WASSON



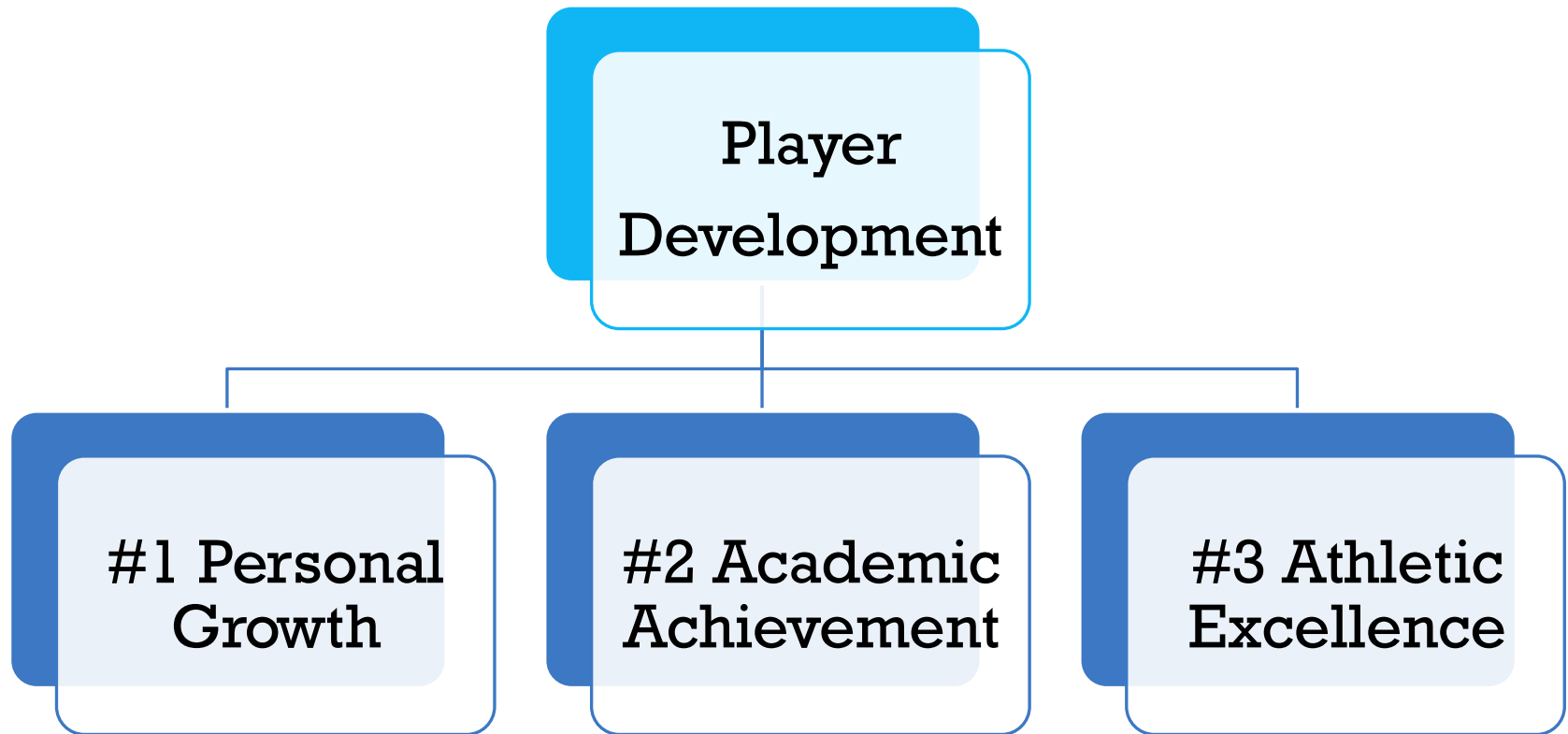
Part 1

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.*



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 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

(Family Picnic @4:45pm – Panther Stadium)

Wednesday:

8:00 – 9:30 AM & 11:00 – 12:30 PM

Thursday

8:00 – 9:30 AM

(Fundraiser Blitz from 3:00pm – 8:30pm @High School Cafeteria)

Friday

8:00–9:30 AM & 11:00 – 12:30 PM

*** Saturday ***

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



Tryout Process

Soccer Evaluations:

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

Technical Tests:

- Fitness Test, Juggling, Push Ups, Shot Power, Dribbling Pro-Agility, 40 Yard Dash

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!!**



Tryout Updates

100 players trying out
8th–12th grade this year!

- Players are showing great effort and working hard.
- Coaches are continuing to evaluate fitness, technical skill, effort, attitude, and team needs.
- We still have **3 more days** remaining in our tryout week process.

Reminder: Keep bringing water, lunch, and a great attitude each day.



Concluding Tryout Week

IMPORTANT UPDATE

Due to our coaching resources and the athletic departments logistics, we will not be able to add a 5th team this year. We will have to make cuts to the program to relieve the sizes of our 4 teams.

Friday Evening

Families will be emailed if their son is not selected for a team.

Saturday Official 2026 team rosters will be emailed to parents.

The Why

- Our mission is to create a positive and beneficial experience for every player.
- Without a 5th team, team rosters could be 25+ players per team.
- That makes equal and meaningful playing time extremely difficult at the lower levels.

We are discussing these extremely tough decisions constantly with our coaches and our athletic director. We will communicate clearly with families.

Part 3

Fundraising, Volunteering & The Boosters

Fundraiser Blitz!

(Thursday August 20th)

Check In/Pep Rally

- SLP High School Cafeteria
- 3:00 PM

Door to Door Selling

- 4:00 PM – 8:00 PM

Check Out/After Party

- SLP High School Cafeteria
- 8:00 PM

****Every Player Should Try to Sell 10
by Thursday****

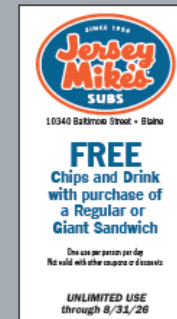
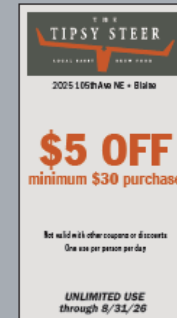
**We Need Parent Drivers for the Blitz!!
(Please Sign Up Today)**



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



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

Part 4

Post Tryout Week Season

Team Structure

Varsity: Top 16–22 players

****Performance****

Junior Varsity (JV)

****Preparatory****

B - Squad

****Participatory****

C - Squad

****Participatory****

Practice Schedule (Post - Tryouts)

C & B Squads:

4:00 – 5:30 PM

@ NSC Turf Field 27
(Activities Bus)



JV & Varsity:

4:00 – 5:30 PM

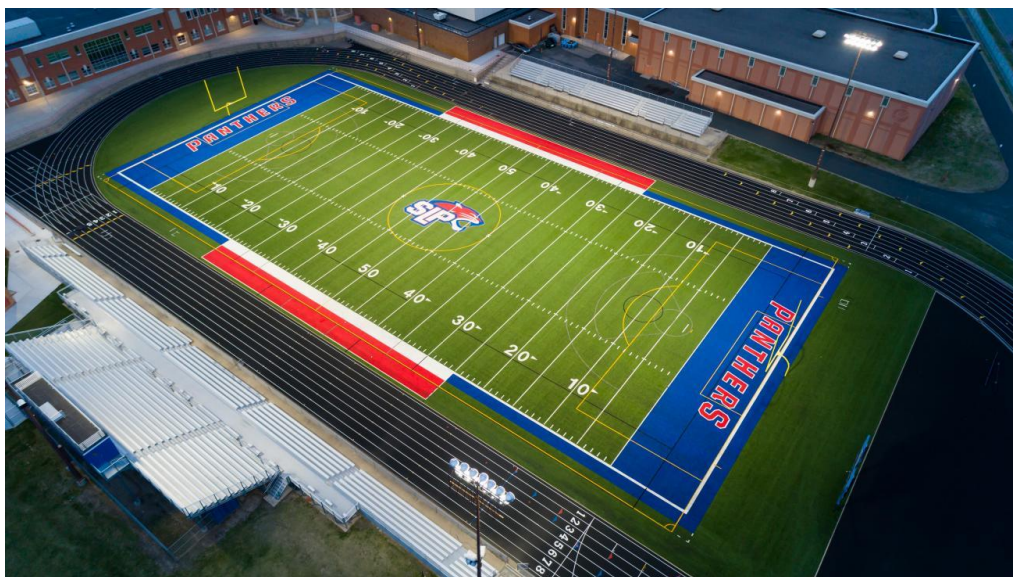
@ Panther Stadium or North Turf

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
@ Panther Stadium



Away Game Bus Pick Up/Drop Off

Varsity, JV, and B-Squad:
SLP High School Door #6

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



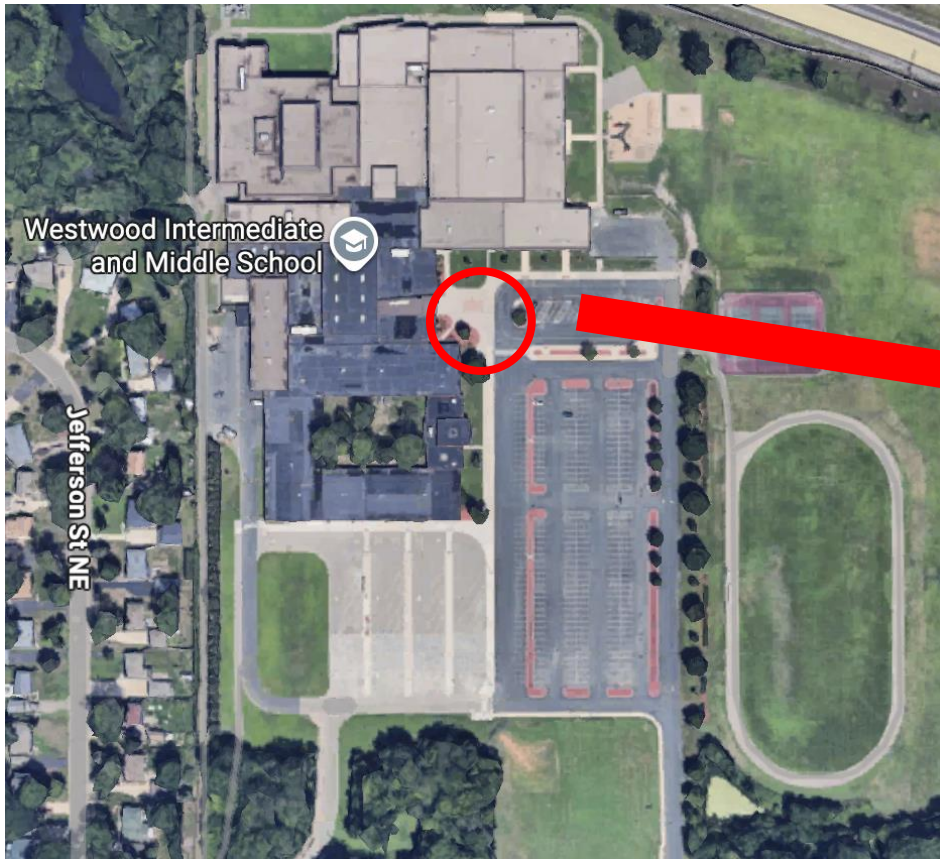
Away Game Bus Pick Up/Drop Off

C-Squad:

Stop #1: Westwood Front Doors

Stop #2: SLP High School Door 6

** 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 Mid-October).
 - *Must choose one or the other for the season*
 - *ALL Players 8th – 12th graders*
 - *This includes weekends too*





Equipment & Uniforms

- Players responsible for returning game kit (shirt, shorts, and backpack) in the same or similar 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

Pre-Season Meeting - July 28

There will be a pre-season Parent Meeting with Athletic Director Will Wackman on Tuesday, July 28 at 6 p.m. in the Spring Lake Park High School Cafeteria.

The boys soccer program at Spring Lake Park High School is open to students in grades 8-12 and is focused on the growth and development of all participants. First as a person, second as a student and third as an athlete.

The goals of this program include:

- Development of personal integrity, good sportsmanship and a sense of commitment to task and team
- Development of skills and strategies particular to the sport of soccer, as well as a positive approach to athletic competition
- Development of a competitive spirit and lifelong interest in soccer
- Development of an understanding of the importance of the maintenance of physical fitness and living a healthy lifestyle

Soccer Details

+ Boys Soccer Team Rules/Expectations

+ Meet Your Coaches

[Register for Boys Soccer](#)
[Game & Practice Schedule](#)
[Fitness Test](#)
[Boys Soccer Facebook](#)

Head Coach



LUKE PAULY
Teacher of Secondary Education Math,
Coach

Team's Game & Practice Calendar



Northwest Suburban

Spring Lake Park Panthers

Notifications

Home Activities Calendar Registration Tickets Support Us Stores News School

Click on
this to
Subscribe

< September 2026 >



Week

Month

List

Include Practices



Soccer, Boys

Select Your
Team

Varsity

Tags

Click on
"Include
Practices"

Sunday 30	Monday 31	Tuesday 1	Wednesday 2	Thursday 3	Friday 4	Saturday 5
	7 - 9 PM Varsity - Boys Spring Lake Park vs Coon Rapids Coon Rapids High Sch...	4 - 5:30 PM Varsity, Junior Varsity - Boys Boys Soccer Practice (Varsity & JV) Spring Lake Park High ...	5 - 7 PM Varsity - Boys Rogers vs Spring Lake Park Spring Lake Park High ...		4 - 5:30 PM Varsity, Junior Varsity - Boys Boys Soccer Practice (Varsity & JV) Spring Lake Park High ...	
6	7	8	9	10	11	12
		7 - 9 PM Varsity - Boys Spring Lake Park vs Centennial Centennial High School	4 - 5:30 PM Varsity, Junior Varsity - Boys Boys Soccer Practice (Varsity & JV) Spring Lake Park High ...	4 - 5:30 PM Varsity, Junior Varsity - Boys Boys Soccer Practice (Varsity & JV) Spring Lake Park High ...	4 - 5:30 PM Varsity, Junior Varsity - Boys Boys Soccer Practice (Varsity & JV) Spring Lake Park High ...	3 - 4:30 PM Varsity - Boys Irondale vs Spring Lake Park Spring Lake Park High ...



Subscribe to Your Team's Calendar

Subscribe to a Schedule

The data in these subscriptions are for personal use only. No businesses or organizations are allowed to use this data for any purpose.

Click on the button below to copy the link needed to subscribe. The link will work with Google Calendar and any application that supports iCalendar feeds.

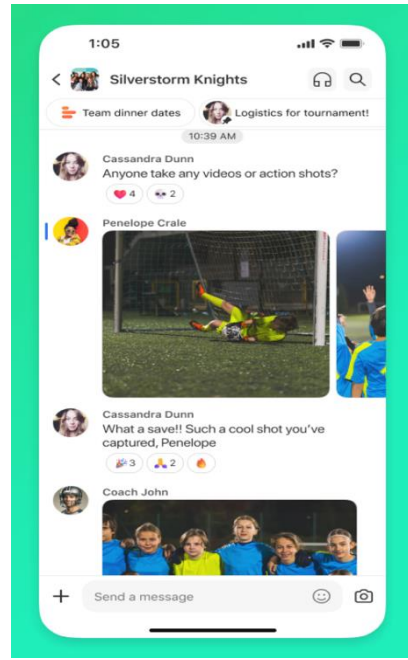
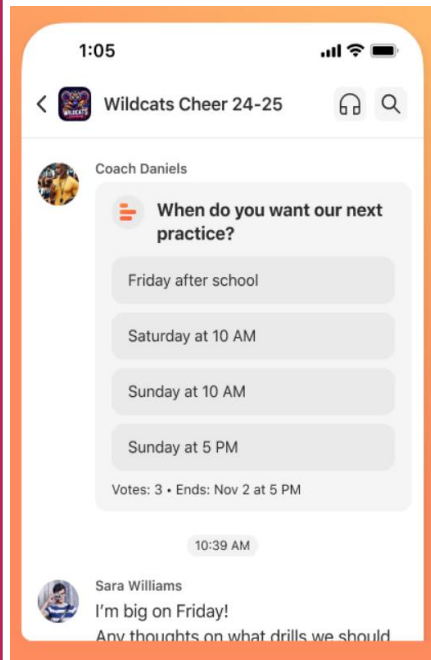
Select the activities below you would like to subscribe to. If you need help subscribing to a calendar, read our support article.

Click on "Include Practices"

Select Your Team

Click Here to Generate Link

Generate Calendar Links



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



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