

# LNHS Boys Soccer

## Welcome Players & Parents

May 2, 2024

# Setting the Stage for our 2024 Boys Soccer Season



## Coach's Updates

Presented by  
**Head Coach**  
**Peter Tyma**

- Our Season
- Team & Staffing Updates
- Meet our Captains
- Summer Training & Camps
- SportsYou!
- Fall Sports Registration & Physical
- Tryouts & Team Rosters
- Goals for the Fall
- Staying Informed with Team Info



# Coach's Updates | Our Season

- **Season: Fall (Mid-August – Early November)**
  - Season start date is Monday, August 12<sup>th</sup>, 2024
  - Tryouts will be the entire week
  
- **Conference: South Suburban**
  - 10 Teams: Apple Valley | Burnsville | Eagan | Eastview | Farmington | Lakeville North | Lakeville South | Prior Lake | Rosemount | Shakopee
  
- **Section: 1AAA**
  - 8 Teams: Farmington | Lakeville North | Lakeville South | Northfield | Owatonna | Rochester Century | Rochester JM | Rochester Mayo

*Practices and games start immediately following tryouts in mid-August.  
Once our season begins, players are expected to be at EVERY  
practice/game/meeting until the season ends!*

# Coach's Update | Team & Staffing Updates



- Four Teams: **Varsity** | **Junior Varsity (JV)** | **10<sup>th</sup>** | **9<sup>th</sup>**

**Varsity**  
Grades 9-12

**Peter Tyma**  
Head Coach

**Dylan Hammerschmidt**  
Varsity Assistant

**JV**  
Grades 9-12

**Bryan Smith**  
JV Coach

**Elijah Kierski**  
JV Assistant Coach

<u>Projected Player Count</u>	
Seniors:	17
Juniors:	17
Sophomores:	16
Freshman:	???

**10<sup>th</sup>/ JVB**  
Grades 10-11

**Jack Trudeau**  
10<sup>th</sup> Grade Coach

**9<sup>th</sup>**  
Grades 8-9

**Chad Hammerschmidt**  
9<sup>th</sup> Grade Coach

8th graders based on space availability

# Coach's Update | Meet our Captains



**Luke Hendricks**  
Senior

**Braeden Morrow**  
Senior

**Patrick Zich**  
Senior

- **Captain's Practices: the 2 weeks prior to tryouts**
  - Captain's practices are highly recommended, but are not mandatory and are not part of tryouts
    - ✓ They will take place at the LNHS fields just east of the school
    - ✓ Exact dates & times will be announced later this summer

# Coach's Update | Summer Strength & Conditioning



## ■ LNHS/ETS Summer Training: By Grade Level

- Training available for all LNHS Athletes
- Focus is on strength and speed, incorporating functional flexibility, agility, plyometrics, speed endurance and conditioning needed for soccer
- Location: LNHS Fitness Center and Stadium
- Program Cost: TBD
- Dates: June 10<sup>th</sup>-August 2<sup>nd</sup> Monday - Thursday
- Times: Based on Grade level
- **Watch SportsYou and email for further details**



# Coach's Update | Soccer Camps/Clinics



## ■ High School Soccer Prep Camp

- Boys and girls entering grades 8 –12 grade in Fall 2024
- Dates: Monday, 7/22 – Thursday, 7/25
- Times: 9:00 – 11:30am
- **This camp is optional, but highly recommended**

Registration information coming soon – watch your email



# Coach's Update | Summer Soccer Team Schedule



## ■ Please provide your Summer Soccer Club Team Game Schedule

- Coaching staff would like to come watch you play this summer
- Drop off a copy of your schedule to Coach Tyma in Room N310 or email it to [Inhsboysoccer@isd194.org](mailto:Inhsboysoccer@isd194.org)

## ■ Not playing this summer?

- Keep up your training to ensure your game doesn't fall off before our Fall season!



# Coach's Update | Fall Sports Registration & Physical



- **Registration** for all LNHS Fall Sports will open in July
  - The following must be completed prior to tryouts – No exceptions
    - ✓ Complete online Lakeville School District's FeePay registration, and pay the Activity Fee
    - ✓ Have a Qualifying Sports Physical from the past 3 years on file in the LNHS Athletic Directors offices

# Coach's Update | Tryouts & Team Rosters



## ■ Tryout Week – Tentative Plan

### • Monday, 8/12 – Thursday, 8/15

- ✓ **Fitness & Agility Tests:** 3-mile run, 120s, Wheel Drill, etc
- ✓ **Field Play:** 4v4, 7v7, 11v11
- ✓ **Juggling Contest:** all players will compete in a juggling contest

## ■ Team Rosters – Tentative Plan

### • 8<sup>th</sup> Grade Athletes

- ✓ **Wednesday Update:** 8<sup>th</sup> graders will be notified of team placement on or before the end of tryouts on Wednesday.

### • Team Rosters

- ✓ **All rosters:** end of practice on Thursday, 8/15
- ✓ **Rochester Scrimmages:** Varsity roster will travel to Rochester, MN on Saturday, 8/17 for multiple scrimmages

Countdown to  
Tryouts

102 Days

# Coaches Update | Goals for the Fall



## ■ **Fitness**

- Can you run 3 miles under 22 minutes?

3 Miles  
< 22 Minutes

## ■ **Work on your foot skills**

- Be proficient at using both feet at game speed

## ■ **Write down your personal goals for this season**

- Work this summer to make them happen!

## ■ ***BE AT SEASON FITNESS LEVEL ON DAY 1***

## ■ ***Do more TODAY to be more TOMORROW***


an **idea** is just a  
DREAM until you  
write it down...  
THEN it's a  
**goal.**

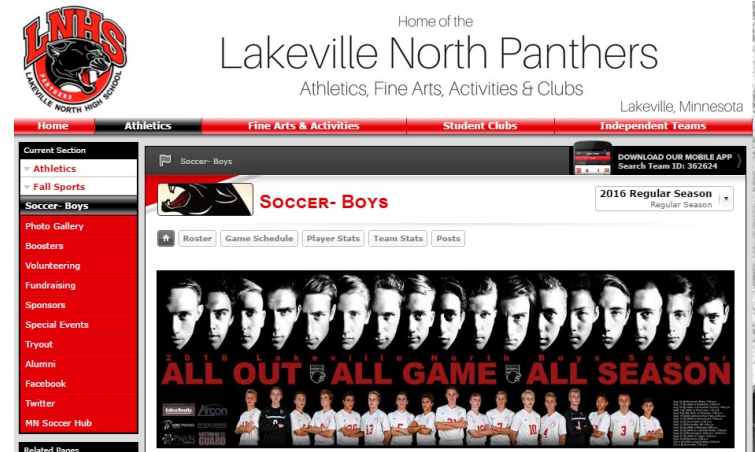


**Quick Play. Smart Play. Make a Statement.**

# Coaches Update | Stay Informed with Team Info



- **Join our Email List**
  - Email [LNHSBoysSoccer@isd194.org](mailto:LNHSBoysSoccer@isd194.org) to be added to the email list
- **Visit our LNHS Boys Soccer Website**
  - View Team Schedules and more at [Inhspanthers.sportngin.com/boysoccer](http://Inhspanthers.sportngin.com/boysoccer)
- **Follow Us on Twitter** 
  - [@LNHSSoccer](https://twitter.com/LNHSSoccer)



# Coaches Update | Stay Informed with Team Info



## ■ **SportsYou**

- Join our SportsYou Team Page Today!
- **EVERY** athlete and at least one parent/guardian



# Boosters Updates | Why We Have A Boosters Club



## ▪ LNHS Boys Soccer Booster Club

The LNHS Boys Soccer Booster Club is a non-profit volunteer organization comprised of parents and coaching staff supporting the LNHS Boys Soccer program

## ▪ Our Purpose

To promote athletic excellence, hard work and good sportsmanship, allowing our teams, players and coaches to reach their full potential

## Our Goals

- 1 Support our coaching staff
- 2 Raise funds to support our program
- 3 Organize volunteers
- 4 Coordinate activities and events
- 5 Provide program continuity and efficiency
- 6 Promote and encourage better attendance



# Boosters Updates | 2024 Officers & Chairpersons

## ■ Officers

- **Co-Presidents:** Zach Tefft (12) & **OPEN**
- **Treasurer:** Nicole Zich (12) & **OPEN**

## ■ Chairpersons/ Coordinators

- **Banquet:** Jonathon Kopplin (10) & **OPEN**
- **Donations/Sponsorships:** Scott Erickson (11)
- **Varsity Game Refreshments:** **OPEN**
- **Coupon Cards:** Chad Hendricks (12)
- **Shop with Scrip:** Tera Atkins (12)
- **Senior Night:** Matt Morrow (12) & **OPEN**
- **Soccer Night (10/2 at LSHS):** Michele Erickson (11) & **OPEN**
- **Teacher Appreciation:** Jody Younger (11)
- **Red Card Cancer:** Anya Sibunka (10)
- **Team Dinners:** **OPEN**
- **Photos/Videos:** **OPEN**
- **Training:** James Craig (11)
- **Volunteers:** **OPEN**
- **Website:** **OPEN**

There is a core group of parents that lead and coordinate numerous Booster Club initiatives.

We have several open positions and could really use your help!



# Boosters Updates | Stay Informed with Booster Info

## ■ Join our Email List & SportsYou!

- Coach Tyma's email list will also be used by the Booster Club to send Booster Meeting Minutes and other important Booster information

## ■ Attend a Boosters Meeting

- Meets 4 times each year
- 6:30 – 7:30 pm
- Location TBD
- All parents welcome
- Next meeting will be in July

## ■ Visit the Website

- Navigate to Soccer Booster information from the red tabs on the website

**Soccer- Boys**

HOME ROSTER POSTS

### LNHS Boys Soccer Booster Club

The LNHS Boys Soccer Booster Club is a non-profit volunteer organization comprised of parents, alumni and coaching staff enthusiastically supporting the LNHS Boys Soccer program.

### Our Purpose

The mission of the LNHS Boys Soccer Boosters is simple. We strive to **promote athletic excellence, hard work and good sportsmanship, allowing our teams, players and coaches to reach their full potential.**

### Getting Involved

Are you interested in becoming more involved in the LNHS Boys Soccer program? The Booster Club is the right

### Our Goals

1. **Support our coaching staff** by taking on various administrative responsibilities, to free them up to devote more time to our teams/players
2. **Raise funds to support our program**, to be disbursed in accordance with the decisions of the Board, based on input from Booster participants
3. **Coordinate activities and events** to build teamwork and a sense of community, and to recognize our teams, players and coaches
4. **Organize volunteers** to help make game days and special events run smoothly
5. **Provide program continuity and efficiency** by creating and documenting a structure that can be leveraged from year to year
6. **Promote and encourage better attendance** at our home games by parents, friends, students, soccer players of all ages, and the rest of our community



# Boosters Updates | What to Expect this Season

- **Three checks will be collected**

- Checks should be made payable to 'LNHS Boys Soccer Boosters'
- Please write your son's name on the MEMO line of the check

- ① **Volunteer Check**

**\$150 per family volunteer bond**

- ② **Booster Club Fundraising Commitment**

**\$85 per player to support program**

- ③ **Team Hoodie – Optional**

**\$50 per player for team sweatshirt**

- You can opt out if you'd like



# Boosters Updates | How Funds are Used

- **Fundraising, combined with Sponsorship support, help offset program costs**

Red & white  
uniforms  
for all teams

Miscellaneous  
equipment needs

Special Events

Coaches stipends

Video supplies

Section/ State  
buses

Team poster costs

# Boosters Updates | Our Sponsors



- A sincere 'Thank You!' to our 2023-24 LNHS Boys Soccer Sponsors
  - Please support our sponsors who have generously donated in support of our program

**Pro Level Sponsor**



**Semi-Pro Level Sponsor**

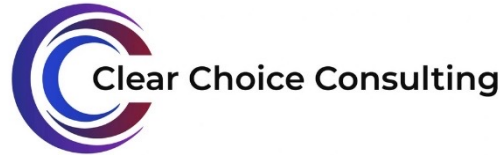




# Boosters Updates | Our Sponsors

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## Club Level Sponsor



## Recreational Level Sponsor





# Boosters Updates | Our Sponsors

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## Other Sponsors



*Green Mill*



# Boosters Updates | Buffalo Wild Wings Fundraiser



**HOME TEAM ADVANTAGE™**  
**TEAMMATE**  
**CARD**

10% of your total sales at your sponsoring Buffalo Wild Wings will be donated back to your team at the end of the season.\*\*

**Lakeville North High School Boys Soccer**  
**Team N**

Valid Only at: **18425 Orchard Trail, Lakeville, MN**

\*\*Must present card on mobile device or via printed copy with payment. Not valid with any other offer. Card is non-transferable. No cash value. Does not include tax or gratuity. Not valid toward other promotional discounts.

**Every visit, every order, tell them TEAM N**



# Boosters Updates | Save the Dates

## ▪ **June 8: Soccer Tots!!**

- We need at least 30 boys to help coach.
- Check SportsYou for further details and to sign up TODAY

## ▪ **July 13: Soccer Tots!!**

- We need at least 30 boys to help coach.
- Check SportsYou for further details and to sign up TODAY

## ▪ **July 22-25: Camp**

- High School Prep Camp for all incoming 8<sup>th</sup>-12<sup>th</sup> grade boys and girls soccer players

## ▪ **August 12: Fall Season Starts!!!**

- Start of the fall soccer season

The time is NOW to  
start getting ready for  
the upcoming season.

