

**WOODBURY ROYALS**

**GIRL'S SOCCER**

**2025**



**PLAYER/PARENT  
HANDBOOK**

# WOODBURY GIRL'S SOCCER

## Player Expectations

The following player expectations were designed to help create a positive team environment and a meaningful experience for all participants.

“I’ve worked too hard and too long to let anything stand in the way of my goals. I will not let my teammates down, and I will not let myself down.” –Mia Hamm

- Have **FUN!!!!!!!!!!!!!!**
- Set both **individual goals and team goals** to help make this a meaningful experience. Challenge yourself and your teammates.
- Play with pride, passion, and determination.
- Make each training session competitive. Push yourself as well as your teammates to improve each day.
- **DO NOT** be afraid to make a mistake!
- **COMMUNICATE!!** Talk to your captains, teammates, coaches, and parents. It is YOUR responsibility to discuss any concerns with your coaches.
- **BE A TEAM PLAYER**; trust your teammates and support **all** your teammates for the **unique person** they are. Compliment your teammates each day. Go out of your way to make Woodbury soccer a positive experience for everyone.
- **DEVELOP A ROLE ON THE TEAM.** Understand and accept your role on the team and the important contributions you make to the team and program.
- **BE A LEADER** on the field, in the classroom, in school, and throughout the community. Be a positive role model. Get involved in the community. Try to coach at the youth level, it’s a great experience.
- **BE COACHABLE!**
- **ALWAYS DISPLAY GOOD SPORTSMANSHIP.** Be respectful of your teammates, coaches, opponents, parents, fans, and officials.
- Be responsible and organized:
- All players must complete at least one fitness test prior to playing in a game. Unless they are excused from fitness testing by the school’s trainer.
- **BE ON TIME** to all training sessions, games, and team functions
- If you need to miss a training session, you must directly talk to one of the coaches. Unexcused training session, you must sit out one half of the next game. Three unexcused training sessions; you will be off the team.
- If you miss school (Unexcused), you cannot participate in soccer that day.
- All players must ride the bus to and from games when transportation is provided.
- Stay chemical free!
- **GIVE YOUR BEST EFFORT IN THE CLASSROOM.**
- Be aware of and follow all Woodbury High School, District 833, and MSHSL policies and rules.
- **If you need to see a doctor due to an injury, you must get a note from the doctor that clears you to begin playing again.**
- At the conclusion of the season, turn in all equipment **ON TIME!**

Be a part of the **Woodbury Soccer Tradition**: play with pride, passion and determination; be committed to yourself, family, teammates, coaches, and your school; compete at your highest level each day; and enjoy your high school soccer experience!

“The vision of a champion is someone who is bent over, drenched in sweat, at the point of exhaustion when no one else is watching.” –Anson Dorrance

### **LETTERING POLICY**

(Must finish the season to qualify for a letter)

- Play in at least six varsity games.
- Seniors who: 1) Have been with the program at least 2 years, and  
2) have zero unexcused absences during their senior season.
- Coach’s discretion.

### **PARENTS INFORMATION**

There is a **Woodbury Girl’s Soccer Booster Club**. This club is committed to the success of the girl’s program. Throughout the year the booster club will plan fundraising and soccer related events to help make the girl’s soccer a positive experience. For more information, please contact, Woodbury Girl’s Booster Club at [woodburygirls.soccerboosters@gmail.com](mailto:woodburygirls.soccerboosters@gmail.com)

- Soccer Schedules: [www.suburbaneast.org](http://www.suburbaneast.org)
- Website: <http://www.whsactivities.org/page/show/533063-woodbury-soccer-girls>

### **Team’s Mission Statement:**

A Woodbury girl’s soccer player:

- is dedicated to her studies and is a leader in the classroom
- enjoys the game and enjoys competition
- plays the game with pride, passion, and determination
- is committed to making her teammates and coaches better each day both on and off the field.
- is a player who takes great pride in her school. Works to develop school pride.
- is actively involved in the community and is a positive role model for future student athletes.
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### **Team’s Vision Statement:**

A Woodbury girl’s soccer player is dedicated to achieving excellence as a student athlete, dedicated to her team and teammates, and works to develop school and community pride.

“Even if you’re on the right track, you’ll get run over if you just sit there.” –Will Rogers

“Success is not measured by what you do compared to what others do, success is measured by what you do compared with what you could have done with your own talents and abilities” –Zig Zigler

“It’s not necessarily the amount of time you spend at practice that counts; it’s what you put into the practice.” - Eric Lindros

“When you are not practicing, remember, someone somewhere is practicing, and when you meet him he will win.” – Ed Macauley

“Ask not what your teammates can do for you. Ask what you can do for your teammates.” – Magic Johnson

“No matter how much I’ve won, or how much outside praise has come my way, or where it goes from here, there’s one clear fact that has never, ever been lost on me. I didn’t do this alone.” –Power Bar

“Teamwork is the fuel that allows common people to produce uncommon results.” – Unknown