



# SF High School Saints Soccer Information



## Things to do before soccer season starts:

1. **TeamSnap:** Keep up-to-date on TeamSnap & edit your contact information if needed – this will be our main source of communication regarding practice & game schedules, soccer events, clothing orders and volunteer sign-ups.
2. **Saints Soccer Website:** Also visit our website to get links/info for other important soccer information: <http://www.sfsaintsforoccer.org>. Coaches Info Sheet, game results, description of soccer events, photos, links (Hudl for watching Varsity soccer games, Mississippi 8 Conference schedule, MN State High School League, summer strength & conditioning) and much more.
3. **Register online for high school soccer:** St. Francis High School holds a **Fall Sports Round-Up** meeting usually during the last week of July. This is an informational meeting where fall sports meet with their Coaches and Booster Club to discuss the upcoming season. After the Fall Sports Round-Up, players may register for high school soccer. The link will be added to TeamSnap & Saints soccer website when it becomes available.
4. **Sports Physical:** Make sure the Athletic Department has a current sports physical before summer training begins – this is required before you can play. Sports physicals need to be renewed every 3 years. Call the Athletic Department - 763-213-1508 to check if still current. Link for Sports Physical Form is on the Saints Soccer Website. Please drop off completed sports physical to the Athletic Office – there is a mailbox outside the office door.
5. **Booster Fees:** \$150 payable to Saints for Soccer. If you sold 22 Green Valley gift cards, you do not need to pay this fee. If you partially sold the gift cards, then please write a check for the difference. Please pay your Booster fee at the Fall Sports Round-Up in July. Checks can be given to Michelle Thell (Booster Treasurer) or to any other Booster Officer.

## Summer Strength & Conditioning

- All players are encouraged to register – train together and build team spirit!
- Dates: Monday – Thursday from June 3 – July 31 (no classes over 4th of July week) from 8:00 a.m. – 9:45 a.m. at St. Francis High School: Gym 6 - Weight Room - Room B135; Cost: \$100
- Registration is now open at <https://district15.ce.eleyo.com>; Enter: Summer Strength Conditioning (Grades 7-12) – make sure you select the 8:00 – 9:45 a.m. session

## Summer Training with Coach Beggin

- All players are encouraged to participate – great opportunity to build team spirit and get prepared for the upcoming season.
- Dates: Tuesdays & Wednesday in June & July 9 & 10th (no practice week of July 4). Training occurs right after Summer Strength & Conditioning training. Time: 10:15 a.m. – 11:45 a.m. at the Upper JV High School soccer fields. Bring plenty of water, shin guards, soccer ball & cleats
- Watch for registration on the SF Community Ed website coming soon: cost: \$40

## Captain's Practices

- Dates & times: TBD – dates from July 29 – August 9; will be posted on TeamSnap
- Still in planning stages: possibly conditioning &/or scrimmages
- Coaches are not allowed to attend; 1 adult supervisor is required at the practices

### Week 1 Practice: August 12 - 16

SF Soccer Complex: Upper/North JV High School soccer fields

- Week 1: Monday – Friday from 3:30 – 7:30 p.m. with an hour break half way for light lunch, relax, skill games and re-group. Bring snacks, soccer ball, cleats, shin guards and plenty of water!
- Please commit to coming to practice – coaches are evaluating players for team placement
- After this first week of practice, practice will be from 3:30 p.m. – 5:00 p.m. on non-game days.
- Bring soccer ball, cleats, shin guards and plenty of water.

### Pre-Season Scrimmage

- Saturday, August 17th from 9:30 a.m. – 12:30 p.m. at Upper/North JV High School soccer fields
- This scrimmage helps the coaches evaluate the players for their initial assignment on one of the school's teams: Varsity and Junior Varsity (JV) teams
- In previous years 1-2 other high school teams join us for the scrimmage.
- Players and coaches will be served a free lunch afterwards. Parents may eat also for a small fee.
- We will need volunteers to bring grilling equipment, coolers, tents, order & pick-up food at County Market and help grill hotdogs and serve food. Watch for sign-up closer to event.
- Families are welcome to come watch - bring your lawn chairs.

### Uniform Pick-up Day

- August 19<sup>th</sup>, time: TBD. Team uniforms will be handed out; team practice to follow

### Picture Day – August 20

- Players need to be at the Varsity soccer field at 1:30 p.m. for team pictures.
- David Banks Studio will be taking player pictures and Varsity & JV pictures at 2:00 p.m.
- Light practice to follow at the North soccer fields then Family Potluck Picnic in the evening.

### Soccer Events

1. **Family Potluck Picnic:** August 20 at 6:00 p.m. at the Rum River North County Park across from the high school. Kick off the season with a fun event for all – great food – yard games!
2. **Parent Night:** Date: TBD at the 7:00 p.m. Varsity home game. An evening of fun in appreciation for all the support parents and guardians have given over the years. Athletes and their parent(s) or guardian(s) will walk out onto the field and be announced at the home game, have their picture taken, and receive a gift from their athlete.
3. **Youth Day:** Date & Time: TBD. Youth soccer players will line up with the Varsity players before the game. There will be door prizes, games, treats and much more!
4. **Senior Night:** Date: TBD at Varsity home game – 7:00 p.m. A special night to honor the seniors and all they have contributed to the program. Seniors will walk out onto the field and be announced at the Varsity game during halftime. Cake will be served after the game in the HS Commons.
5. **Year End Banquet:** November 4<sup>th</sup> at the Refuge Golf Course. Time: TBD. Parents and players please join us in celebrating the soccer season and to recognize the athletes for all they have accomplished.
6. **All Team Carbo-Loads:** After several practices, volunteers will serve dinner to players & coaches at the high school. Dates: TBD; Team bonding over dinner – now that's fun!

### **Fundraising: Please participate – you can help make this an unforgettable season!**

- **Green Valley Gift Cards** are available to sell until May 15. Start selling to family, neighbors, friends, parent's co-workers, church members if allowed – great gift ideas for Easter & Mother's Day & spring gardening needs. Gift cards cost \$25 each – players make \$7.00 profit for each card sold that will be applied to the \$150 Booster fee. If you do not sell all 22 cards, you may pay the difference for the Booster fee. You may also opt out of selling the cards and pay total amount of the Booster fee. Players are responsible for the 22 gift cards they receive and will need to cover any lost cards that are not returned.
- **Program Ads are due June 29:** This is one of our bigger fundraisers so it's important that all players participate! Each player will solicit 3 businesses to sponsor money for an Ad of their business in the soccer game program. The programs are distributed at all the home games. Pick up 3 businesses & the Ad forms at the Kick-off meeting or email Jean Russum (jrussum-4@comcast.net) if you were not at the meeting and I will send you the business names & forms.
- **Lad Ads due June 29:** Parents and Grandparents can place Lad Ads to support their favorite athlete. Contact Jean Russum with questions and to receive the form.
- **Restaurant Fundraising:** Chipotle in Coon Rapids: June 1st from 5:00 – 9:00 p.m.; waiting to hear back from other restaurants. These events do not require volunteer work – just invite family & friends, show the flyer at the restaurant, and come enjoy a great meal!
- **Booth Services:** We need volunteers to run the booth at varsity soccer home games. If we don't have volunteers do it, we need to pay to have someone do it. We need 2 adult volunteers to run the Booth – an announcer & a digital game board manager. Let one of the Booster officers know if you are interested or if you have any questions.
- **Concession Volunteers:** We usually do 4 concession dates during the off season (December – February). At least 1 adult supervisor and 3-4 players/parents required at each concession event. We will email dates when determined – volunteers needed for organizing shifts.

### **Fan Wear & Team Clothing:**

- Julie Owens is the Coordinator for all clothing orders – please contact Julie for any questions.
- Ordering will be done online for Fan Wear & player warm-up clothing.
- Bulk orders will be ordered through Julie and not online: Training shirts - all players will receive one free Training shirt – option to purchase additional shirts if desired. Varsity players may also purchase a Varsity shirt.

The Booster Club is looking forward to another amazing season of soccer. If you are interested in hearing more about the Booster Club and how you can support the players, coaches, and the club please contact any of the officers below. We hold Booster meetings once a month – usually the 3rd Tuesday of the week – meeting dates will be listed on TeamSnap. Everyone is welcome to attend and share their thoughts and become involved – we need your help!

### **Booster Officers:**

President: Jean Russum: jrussum-4@comcast.net/ 612-718-0251

Vice-President: Gloria Christopherson: gjchrist5@gmail.com/612-849-5008

Treasurer: Michelle Thell: thellml@aol.com /612-290-9812

Secretary: Julie Owens: jlowens78@hotmail.com/ 763-276-5713

Please contact any Booster Officer for any questions or concerns!