

TCA Titans Women's Soccer Handbook

Philosophy – The TCA Women's soccer program exists to assist parents in developing well rounded, exemplary citizens of virtuous character through the sport of soccer.

Personal – I have played soccer for most of my life. In college I had the opportunity to travel with Athletes in Action to Asia. On that trip I had the privilege of playing on the international scene against college, semi-pro, and professional teams. I began my coaching career shortly thereafter and have coached high school and club teams for 12 years. In 2005 I started the TCA Men's program and have enjoyed it thoroughly. I began coaching the women's program in 2010 and absolutely love it.

Expectations – We hold very high expectations for the women's soccer team, and we expect both the athletes and their parents to fully support these expectations.

- Practice – During the first week of the season we will hold try-outs to determine placement on a team; either varsity or JV. Each of these practices, and all practices after the first week are mandatory. The practice and game schedule is also available on www.csmleague.org
 - o Practices will typically start at 3:15 and run until about 5:15. There will be several practices that will be held at night, to give us the opportunity to practice under the lights, since the majority of our home games are at night under the lights. There will also be some practices that will be held at the East Campus field. These practices will start at 3:30 and will end at 5:30. It will be necessary for the girls to get themselves to the field by 3:30. Again, the schedule for these practices is available at www.csmleague.org.
 - o Regardless of the time of the practice the players are expected to be ready to start at the announced practice time. That means that they must have soccer cleats and shinguards on and ready to go. Please be on time every day.

- Absences – We realize that occasionally a player must miss or be late to a practice or game. Please try to avoid this as much as possible during the season and schedule orthodontist appointments, Drs. appointments, etc. in such a way as to not interfere with practice or game times. Our season is very short and we need as much time together as possible.
 - o Tardiness to practice or games will be considered excused under the following conditions; it has been prearranged with me either through a written note or email; the athlete needs to see a teacher after school and brings me a note from that teacher. Tardiness to practice or a game will be considered unexcused and consequences will be employed if the above conditions are not met.
 - o Absence from practice or games will be excused on a prearranged or emergency basis only. Missing a practice or game without written notice from a parent will result in consequences that may include loss

of ability to start, loss of playing time, or other consequences as deemed appropriate by the coaching staff.

- Games – Players are expected to be at the games at the announced time with all of their needed equipment, shoes, shinguards, uniforms, water, etc. Parents are encouraged to attend as many games as possible as they are very fun and exciting. We tend to put on a pretty good show! Parents are also encouraged to cheer for our team as loudly and as often as possible. Please cheer for our boys and not against the opponent. Also, please do not make comments to or about the officials or the officiating. In short, be positive, be encouraging and be loud!

Tryouts – Tryouts are held at the beginning of the season for the first two or three days. The purpose of the tryouts is to determine those players that will be varsity and those that will be JV. Players will not be cut except in the case of extreme disciplinary issues. The Varsity/JV selections are made based on skill, knowledge of the game, fitness and attitude.

Varsity/ JV – The varsity program is very competitive. We compete in the Tri-Peaks league 3A division. Aside from our desire to produce young women of character, the varsity team plays to win. This means that we will play the best players in the varsity games. It also means that not all of the varsity players will play in all of the varsity games. The JV program will play many other JV teams but mostly they will play the JV teams of the varsity squads that the varsity plays. The main goal for the JV is to continue to develop basic skills and understanding of the game while preparing the players to eventually play at the varsity level.

Rest and Nutrition – Do not be concerned with what you can get away with. Be concerned with what you can accomplish. The time you spend figuring out how to cut corners can be better spent doing the job right the first time. Charles Kendall Adams said “No student ever attains success by simply doing what is required of him, it is the amount and excellence of what is over and above the required that determines the greatness of ultimate distinction.” One of the most important components of training and competitions is the athletes nutrition. Following are some guidelines for nutrition and hydration during training and competitions.

When it comes to pre-competition meals everyone has likes and dislikes. There is no "magic food" or meal that will ensure peak performance. One pre-event meal cannot compensate for a poor training diet! The following are general guidelines to consider when planning your pre-exercise eating routine.

1. In general, carbohydrates are the best choices - Breads, cereals, bagels, crackers, pastas, etc., because they digest quickly and are readily available as fuel. Protein rich foods (eggs, tuna, and steak) take longer to digest and may increase the need to urinate. Fats (fried foods, peanut butter, and burgers) stay longest in the stomach and may make you feel heavy and uncomfortable.

2. Meal timing is critical - In general you should allow 3-4 hours for a large meal to digest, 2-3 hours for a smaller meal.
3. Morning events - Eat a hearty high carbohydrate dinner and bedtime snack the night before. That morning eat a light snack to keep you from feeling hungry.
4. Afternoon events - Eat a hearty breakfast and a light lunch.
5. Evening events - Eat a hearty breakfast and lunch then light snack 1-2 hours before the event.
6. Always eat familiar foods - Don't try anything new! Experiment with new foods during training to determine if they settle well.
7. When traveling - you may want to bring your favorite pre-competition food. This way you will be less worried about food and concentrate more on competing.

Recovery after hard exercise - When you're demanding a lot from your body, you should fuel your body with a carbohydrate rich diet prior to strenuous exercise and also refuel them afterwards. By replenishing your body with carbohydrates both before and after intense exercise you will invest in your ability to train and compete at your best. To blend an optimal recovery diet into your post-competition and daily training meals:

1. Focus your recovery meal on carbohydrate and protein rich foods.
2. Eat carbohydrate rich foods within 1-4 hours after a hard workout. It is during this time period that your muscles are most receptive to replacing glycogen (fuel for the muscles).
3. Eat at least 200-400 calories of carbohydrates within two hours of a hard workout. .5 grams of carbohydrate per pound of body weight. An example is two cups of orange juice and a banana, a bowl of cereal with fruit for breakfast; a dinner with double servings of rice and vegetables with a single serving of chicken. If you don't have a big appetite after your workout juice is an excellent recovery choice.
4. Get plenty of rest. Allow your muscles to store energy rather than burn it. Rest is an important component of your recovery program. Rest itself can be further broken down into two sub-components. The first of these is sleep. You demand a lot of your body when you train for and compete in your sport. Your body uses sleep to rebuild damaged tissues, restore energy levels, and get ready for the next day's demands. Typically, at least 8 hours of sleep are ideal to maximize these benefits. Rest is also important between workouts. When you workout, you are breaking down body tissues and depleting vital energy stores. If adequate rest is not achieved before taxing the body again, you will begin to see decrements in your training. Both proper rest at night and between workouts will help fight off the dangerous effects of overtraining.
5. Eat fruits and vegetables that contain potassium. Potassium is an electrolyte that you lose in your sweat. Oranges, orange juice, bananas, raisins, and potatoes are excellent sources of potassium.
6. Drink enough fluids to quench your thirst, and more. If you've become very dehydrated it may take 24-48 hours to totally replace this fluid. Since thirst is not a good indicator of hydration, you should keep sipping fluids until your urine is clear colored. Historically, it

has been said that 8-10 glasses of water per day is sufficient to hydrate the body. That is around 60 to 80oz. An athlete in training needs to up that amount to around 100 to 120 oz. of water per day. Water should be used for hydration before training and competition. During training or a competition a 50% dilution of a sports drink can be used to help replenish electrolytes, immediately after training or a competition a normal concentration of a sports drink can be used. After the first hour post training or competition you should be back to drinking only water.

7. Drink natural juices more often than commercial thirst quenchers. Natural juices contain more potassium, carbohydrates and vitamins (nutrients that enhance recovery) than commercial thirst quenchers. One glass of orange juice contains 20 times more potassium than many popular fluid replacers.

Sample meals:

BREAKFAST:

Pancakes, waffles, or French toast w/ syrup (sparingly) – no butter
Egg sandwich –
Unbuttered English muffin, bran muffin, or toast w/ preserves, jelly
Bagels w/ preserves, jelly, fat-free cream cheese
Low-fat milk or yogurt w/ fresh fruit and a bagel
Dry or cooked cereals w/ or w/o milk w/ fresh or dried fruit (No sugary cereals)
Low-fat granola bars – Kellogg's or Nature Valley
Pita bread stuffed with peanut butter (high in calories!) and raisins or veggies and low fat cheese

LUNCH:

Vegetables or chili stuffed potatoes (no cheese)
Salad w/ low fat dressings (On salad, add veggies, dried beans, beets, carrots, pasta, and add crackers, rolls, or bread)
Sandwich on bagel or whole grain bread, fruit, fig bars, and vegetables, or soup
Pastas w/ meat or meatless sauce
Baked or broiled meats instead of fried
Soups or pasta meals
Grilled chicken sandwiches – No mayo
Grilled hamburgers – No Mayo
Roast beef sandwiches
Baked potatoes

DINNER:

Lean meats and starches: rice, pasta, potatoes, and vegetables (cooked or in salads)
Meats should be baked, broiled, or grilled instead of fried
Shellfish in tomato sauce or steamed w/ no butter
Chicken breast w/ no skin w/ rice and vegetables
Stir fry dishes w/ lean meat and lots of vegetables in minimal oil/sauces
Grilled salmon, tuna, or swordfish w/ baked potato and vegetables

SNACK:

Whole grain crackers
Low-fat String cheese

Low-fat yogurt
Dry-roasted nuts
Bread sticks w/ out sauces
Dry cereal
Fresh fruits
Dried fruits

Watch the Caffeine – It lowers blood sugar and can make you hungrier. It is also a diuretic and can dehydrating.

Lettering – Letters are earned by varsity players who accumulate 50 or more points for the season. Points are awarded for each half played in a game, prompt attendance at practices and team functions, as well as attitude during the season. There are also coaches points that can be awarded at the coaches discretion. Points can also be deducted from a player for each of these categories.

Eligibility – The main reason for most athletes attending TCA is for academics. It is part of the philosophy of this program to assist parents in developing well rounded students. This includes the area of academics. Eligibility checks happen every Thursday. If a player gets 3 points or more (D=1pt; F=2pts) they are ineligible for the following week. This includes being “suspended” from all games, practices and other team functions. The reason for this is to provide the student with extra time to complete homework, study and get caught up. The athletic department is developing a policy for athletes who are on the list more than one week during a season. More information on that policy will be given out as is becomes available.

Uniforms – Please wash your uniform after each competition. Use cold water and if possible hang to dry. Store the uniforms on a hanger, or neatly folded; **DO NOT store uniforms in your bag.** The better we can care for them, the longer they will last.

End of Season- At the end of the season we will celebrate the entire program. We will meet together as a JV and V for about 45 minutes and then split up for brief team specific comments from the coaches. Even though we will have varsity and JV teams, we are one program and we want to celebrate the accomplishments of everyone involved.

I have been coaching soccer for close to 12 years, and every year I look forward to the beginning of the season, and dread the end. I love this game. I hope that my passion for soccer will be passed on to the players in this program. I am looking forward to working with those of you who have been with the program and those of you who are new to the program. As always if you ever have any questions, comments, or concerns please feel free to contact me.

GO TITANS!!!!!!!!!!!!!!