

St. Francis Soccer Player Expectations/Try-outs Expectations

1. **Effort and attitude – Maximum effort and Positive attitude.**
2. **Dress Code – Changing in Team Locker Room ONLY, Dark Sports Bras/undergarment. Shin Guards, no short shorts, wear white t-shirt w first and last name on front and back, number on sleeve. No gum chewing, or eating, no cell phones during practice.**
3. **Absent from Practices, tryouts, games – must give notice as early as possible. Must be from player NOT parent. It is your responsibility.**
4. **Absent from School – No practice, No game**
5. **Physical on File – No physical, No soccer**
6. **Language – No cursing, no negative comments, derogatory remarks. Keep it clean, keep it positive. This includes body language (rolling of eye, heavy sighs, crossing arms, shrugging shoulders, or mumbling under breath) What coach says....GOES!!!**
7. **No talking/Interrupting while coach is talking. Please hold questions until coach calls on you.**
8. **Tardiness – Zero tolerance unless excused by coach. Must notify ASAP if you are going to be tardy. Practice starts at 3:30pm-5pm except tryouts. We may go a little longer. Be on field dressed w all gear on and ready to go no later than 3:30pm.**
9. **Respect – Coaches, players, yourself, Refs, opponents, and parents (yours and others). We are St. Francis and we should represent with pride and dignity.**
10. **Everyone Brings a Ball and water bottle to tryouts.**
11. **Bathroom breaks – Go before practice begins. Don't ask during unless absolute emergency.**
12. **Upperclassmen – Be role models, leaders, set good examples and be helpful to Freshman/Sophomores. Show them the ropes.**
13. **Sisterhood/family – we are one, we are united, we are family.**
14. **Tryouts – warm-ups, 1v1, 2v2, 4v4, 8v8. Small-sided games to 11 v 11. No specific teams, no specific positions. Everyone attacks, everyone defends. You're chance to show me what you got. Don't hold back.**
15. **Close practice – No parents allowed on Field. They can watch from car or outside fence.**
16. **Freshman – check in at St. Francis field before heading over to Kit Carson. Walk in groups of 4 at all times. 3:30pm-5pm. Use Buddy system. Do Not leave a player behind to walk by themselves.**
17. **Fields – Clean up after yourselves. Respect Field and Soccer shed. Keep Clean. Consequences if coach has to pick up after you.**
18. **Preseason/League Schedule is out – go to <http://www.deltariverleague.org>**
19. **FUN FUN FUN! Smile. Play Hard, Rest Hard, Have Fun!**

St Francis High School

Pax Et Bonum

"Peace and Goodness"

St. Francis High School Girls Soccer Parent Meeting

Coaches:

Varsity Coach

Rosella Kelly Cell#: 916-799-5166

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Goal Keeper Coach

Simon Sheppard Cell#: 916-412-9870

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JV Coach

Rich Donofrio Cell#: 916-601-0021

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Freshman Coach

Justin Boyer Cell#: 916-494-8063

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Freshman Asst.

Matt Iwasa cell#: 916-501-9982

Email: mattiwasa@me.com

St. Francis H. S. Soccer Website Information

<http://www.stfrancishs.org/education/projects/projects.php?sectionid=143&>

Max Preps Website

[http://www.maxpreps.com/high-school/st-francis-troubadours-\(sacramento,ca\)/girls-soccer-spring/home.htm](http://www.maxpreps.com/high-school/st-francis-troubadours-(sacramento,ca)/girls-soccer-spring/home.htm)