

JM Girls Soccer 2025-26

Varsity: Brian Dahl
507-990-2728
bjdahlmn@gmail.com

Varsity Assistant: Mel Boyer
507-884-9652

JV: Dave Campion
507-696-7607

C-Squad: Mo Belal
507-398-9679

Team Captains- Abby Armstrong (12) and Lilly Drucker (11)

The player Handbook can be found on the team website.

Team Goals

- Determination, Hard Work, Respect, and Family
- Create a winning environment (Wins in our book)
- A competitive record at the Varsity Level
- Improve self-confidence
 - Control the controllables (Attitude, Prep, Effort)
 - Never pulled for physical mistakes. (Learn, Burn, Return)

Communication:

- Main updates for parents will be sent using the GroupMe App and team webpage.
- Follow the chain of communication 1. Players Coach 2. Varsity Coach 3. Athletic Director
- 24-hour rule to discuss any aspect of the game. (Playing time, style of play, questions of game management, etc.)
- You may call, text, or email with other questions.

Expectations:

- Practice/game attendance
 - If you cannot attend a practice, notify your coach well in advance. Do not use other players to communicate about missing a practice. All teams will follow the player contract for unexcused absences.
- Bad weather
 - Coaches will send a message through the team webpage, GroupMe, and announcements during school.
- Players need the trainer's permission (or doctor's note) to return if an injury results in missing all/portion of practice for 2-3 consecutive days.
 - Players need to be organized when setting up a time to meet with the athletic trainer. Ashley arrives at JM every day at 2:30, and it is first-come, first-served. Ashley's contact information is harding.ashley@mayo.edu.
- Starting positions and playing time.
 - Varsity is competitive, and only some players will see playing time.
 - JV and C Squad players should all have playing time, but they might not be equal in every game.
 - Player movement between teams will happen.
- Team Contract
 - All players and parents will follow the contract attached to the player handbook.
 - Players will be given a player contract to review and sign.

Other Important Information:

- **Team pictures:** The last day to purchase team pictures is Friday, 8/22. More information can be found on our team webpage.
- **Varsity lettering criteria:** After the Qualifying Standards have been met, any athlete may letter by achieving at least 100 points. The categories can be found on our website. (An Athlete may only receive points from each tier once.)
- The game/Bus schedule is posted on the team webpage. (Black jerseys for home games and white jerseys for away)
- Parents must buy tickets to varsity and junior high school games. For home games, parents should use the Go Fan App found on the JM athletic page. No cash sales will happen for home games. Away games will be communicated if they need to be bought in advance.
- The team fundraiser is GiveButter, and all players must provide 10 email addresses. The team's goal this season is \$5,300. These funds are used for team equipment, uniforms, scholarships, and team bonding
- Jimmy John's for school away games.
 - 8/28 @ Austin
 - 9/11 @ Albert Lea
 - 9/18 @ Owatonna
 - 9/23 @ Northfield
 - Full ordering instructions are found on the team webpage.
 - If you or someone you know cannot afford a sandwich or needs food at home, please talk with a coach.
- Parents volunteers wanted.
 - Sign up using the Google Sheets spreadsheet on our website
 - Snack Bags-please sign up to provide a treat to the girls for away games.
 - Pasta Feeds
 - Senior Night
- Riding the bus
 - Excusal forms must be submitted to the athletic office 24 hours prior.
- Questions?