

Fall 2018

HHS Boys Soccer

Practices

Summer conditioning (Preseason): All open field, weight training, and fitness sessions in the preseason are optional, but are highly recommended. Entering the season unfit will make playing up to HHS Soccer standards difficult, if not impossible.

Regular Season: On August 1st, mandatory training and conditioning begins. There will be fitness standards that must be reached to play on the varsity team, including 1.5-mile run, beep test (yo-yo endurance test), and speed and endurance test. Understand that rosters are limited and cuts may be made.

- Players must have 5 fully-dressed practices before playing in their first game
- Players must have all medical forms required by HHS and an up-to-date physical submitted in order to practice
- Players will need all soccer gear and running shoes at every practice
- Punctuality is expected for drop-off and pick-up

1st Day of School: Practices will begin promptly at 3:15 and end by 5:15.

Absences: If a player must miss a practice, proper documentation is required (a phone call, email, or note will suffice). The following are considered excused absences:

- Illness requiring absence from school
- Death or illness in the family
- Doctor's appointment
- College visit
- Required school activity

Any unexcused absence will result in losing the privilege of playing in the next game.



Contact Information

Head Coach: Steve Knapp
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Assistant Coach: Corey Barnes
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Athletic Director: Bryan Bedford
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Playing Time

As a high school program, we strive to foster the development of young athletes through the rigors of competitive play. Therefore, playing time is not guaranteed and will be determined as follows:

- Ability
- Attendance
- Attitude
- Fitness
- Work Ethic

Home Games

- Our home games will be played at either Hudson Memorial Stadium (Varsity/JVA) or Lavelli Stadium (JVB)
- Players are expected to be prepared to play on either surface
- Players are encouraged to support the other HHS soccer teams

Game Etiquette

- Be respectful towards all officials and other team's parents and coaches
- Be respectful to your coaches and HHS administrators
- Allow the HHS coaching staff to do the coaching and the referees to do the officiating; however, we do value your positive and encouraging reinforcement
- Be sure to clean up all of your belongings as well as the team's gear
- Remember that you represent HHS both on and off the field

Note from the Coach

Hudson carries a strong tradition of soccer, and it is my intention for us to continue to build upon our success from last season and strive to reach our goals. We will be able to achieve much if we work hard and act selflessly. I look forward to a great Season!

Coach Knapp

Away Games

- Players need to be ready and at the bus thirty minutes before scheduled departure
- Players are required to ride the bus to and from all away games unless prior arrangements have been made, in writing, with the school and coaching staff.
- Prompt pick-up is expected following the arrival of busses after an away game

Coaches, players, and parents must understand and follow these policies and procedures in order for this to be a successful season for all involved.

Therefore, all parents are required to complete the online form (on the website), thereby acknowledging that they have read and understand this document before their child may play in a game.
www.explorersoccer.com

