

CLCS Warriors
Varsity Boys Soccer
2019



Summer Preseason Preparation and Planning

Dear Parents,

For those I haven't met, my name is Andrae Williamson. I am the boys soccer coach here at Cross Lanes Christian School. I wanted to provide some information to parents of young men who are interested in trying out for the boys varsity soccer team. As I said last year in my letter to parents, the opportunity to coach is a gift from God and a means by which God is allowing me to serve. I am thankful for the opportunity to coach and work with these young men. However, it will take all of us (you, me, and your son/s) working together, under the guidance of the Lord, to make this season a success. I'm looking forward to working with you for the benefit of your son and the glory of God. A lot will remain the same this season, but we will work hard to improve upon the great foundation left by the graduating class while maintaining some of the long-standing traditions of CLCS soccer. Inevitably, some aspects will be different. The goal is to improve upon a very impressive record of 18-3-3 from last year. Also, I plan to get the guys highly conditioned and working together as one cohesive unit as soon as possible. We lost a lot of leadership with the outgoing class, but I have a good core group returning so the expectations are still very high. I'm also inviting every high school boy to come try out for the team, even if you have never played soccer. Below you will find important information to help everyone get ready for the upcoming season.

1) Practice/Tryouts

Mark your calendars – tryouts/practice will begin Monday, July 29th at 9:00 am. CLCS policy requires players to have ten practices (including scrimmages) to be eligible for regular season play. This is for their protection and safety. Please work to arrange vacations prior to the start of practice – practices are mandatory. Our regular practice times will be 5-7pm, August and September. We will switch to 5-6:30p.m at the start of October. There will be days (example – Wednesdays before school starts) when we will have a need to practice at a different time than our regular time slot. Once school starts there will be no practices on Wednesdays. I will communicate to you and your son when practice times change well in advance of the practice session.

2) Summer Conditioning

Please encourage your son to get in shape this summer – soccer is a physically demanding sport! He will significantly improve his chances of making the team, contributing to the team's success, reducing his chance of injury, and improving his overall experience if he is well conditioned prior to July 30. Running 3-5 miles/day every other day is a great goal and to be quite honest – a minimum expectation, in addition to ball touch and strength training.

In previous summers, there has been a non-mandatory (highly encouraged to attend) cross fit class (twice/week) taught by Dr Chad Turner and Dr Matt Scarberry. I am hopeful they offer this again this summer, however, details have not been finalized. If offered, these workouts are a great way for your son to develop physically and mentally, while meeting teammates and developing team chemistry.

I have also put together a very detailed, off-season, soccer specific conditioning program that is non-mandatory but also highly recommended. This is available upon request. For additional coaching recommendations and or advice please feel free to contact me anytime.

3) Roster Selection

Due to anticipated player turnout, prospective players will be evaluated for technical skills and athleticism during tryouts this year. Tryouts will be July 30st to August 2nd. This information, along with team fit (based on positional needs) and impact to team chemistry, will be utilized to determine final roster size and composition. The roster will be selected after Thursday's practice. However we will have pre –season practice will continue until we play our first game on August 16.

4) Costs

Below is a breakdown of additional costs related to soccer. Please note these are approximations and given as a reference for you:

Team Fun Day: \$25-30/player

Team Tshirts (2) and Socks (2 pair game socks): \$70-75/player

Soccer trip: \$250-300/player – at this time no trip is scheduled; however ideas are being evaluated

5) My contact information

My cell phone number is 304-410-9861 and my personal email is coachakw05@gmail.com
Please do not hesitate to contact me with questions or items you would like to discuss.

6) Parental help

Please remember, next fall your help will be greatly needed to make the season a success. I want to invite you to help the school and the team in whatever way you can. We will need help in setting up for the games, working the gate, concession stands, organizing any special events or games we might have, and helping with any fund raising efforts for the team. Thank you in advance – “one team one school.”

7) Additional information for summer break (*Non mandatory but highly recommended*)

- a. *We will have an inter squad scrimmage for all the boys planning to play soccer next fall at 4:15pm on Tuesday, May 29 at the school. This will give me an opportunity to assess some of the players and make personal recommendation of areas to work on over the summer. (Players request)*
- b. *We will try to meet once a week and play pick up soccer. All are invited. Contact Coach for more information.*
- c. *We will be helping, as a team, with the sodding of the field when it's time for that.*
- d. *We will play a scrimmage (not inter-squad) on June 30 for those who are available.*
- e. *We will plan to do something for childhood cancer month (September) and breast cancer month (October). Please be thinking of ideas.*

To God be the Glory,

Coach Andrae