

**2022-2023**

# **Lady Sailor Soccer Kick-Off Meeting Packet**



## **TABLE OF CONTENTS**

Current Game Schedule... 2  
Varsity and Junior Varsity Rosters...3  
Team Rules, Policies, and Procedures...4-8  
Team Fees and Kit Info... 9-10  
Contract Signature Page... 11  
Team Camp at Camp Idlewilde Info...12  
Vehicle Transportation Slip... 13  
Camp Permission Slip

## **FORMS THAT MUST BE TURNED IN TONIGHT :**

CONTRACT SIGNATURE PAGE... 11  
VEHICLE TRANSPORTATION SLIP... 13  
CAMP PERMISSION SLIP

## **DON'T FORGET TO:**

- Pay Fees (Scholarships Available)
- Collect Team Kit
- Sign up for Concessions

# Lady Sailor Soccer Game Schedule 2022-2023

*\*subject to change\**

*Most up to date schedule can be found on TeamSnap*

DAY	DATE	TIME	OPPONENT	LOCATION	NOTES
<b>Varsity Preseason Tournament – SHS Field – JV Helps/Attends</b>					
T	Nov 1	5 pm 7 pm	Riverview (H) vs Lakewood Ranch (A) Palmetto (H) vs Sarasota (A)		
TH	Nov 3	5 pm 7 pm	Lakewood Ranch (H) vs Palmetto (A) Sarasota (H) vs Riverview (A)		
Sat	Nov 5	JV & V	Nov 5 Sebring Tournament	Away	
W	Nov 9	7:30	V only vs Port Charlotte	Home	
F	Nov 11	5 / 7	vs Charlotte	Home	
F-Sun	Nov 11-13		Mandatory Team Camping Trip @ Camp Idlewilde	Away	<b>\$120/player</b>
M	Nov 14	5 / 7	@ Manatee	Away	
W	Nov 16	5 / 7	@ LWR	Away	
F	Nov 18	6 / 7:30	@ Lehigh	Away	<b>BUS</b>
	Nov 21ish	TBA	6th Annual Teamsgiving Potluck		
<b>Nov 21 – 25 Thanksgiving Break, Small Group Training TBA</b>					
M	Nov 28	5	V @ Bradenton Christian	Away	
W	Nov 30	5 / 7	Vs Venice	Home	
F	Dec 2	5	V vs Mooney	Home	<b>Alumni Night</b>
M	Dec 5	6 / 6	JV @ Venice V @ St. Stephens	Away	
R	Dec 8	5 / 7	@ Palmetto	Away	
M	Dec 12	5 / 7	North Port	Home	
W	Dec 14	5 / 7	vs Manatee	Home	
F	Dec 16	5 / 7	Riverview	Home	
S	Dec 18	6-8:30 pm	5th Annual Team Holiday Party		
<b>Dec 23– Jan 9 Winter Break, Small Group Training TBA</b>					
T	Jan 10	4 / 6	vs Sebring	Home	
F	Jan 13	5 / 7	vs Palmetto	Home	<b>Senior Night</b>
M	Jan 16	5	JV only vs Palmetto	Away	
W	Jan 18	6 / 7:30	@ Port Charlotte	Away	<b>BUS</b>
F	Jan 20	6	V @ Gulf Coast	Away	<b>BUS</b>
	Jan 24-28	TBA	JV Tournament @ Riverview	Away	Self-Transp ort
Jan 26		TBA	Varsity District Playoffs Begin		
2nd week of Feb		6ish	End of the Year Banquet	TBA	

# Sarasota High School Lady Sailor Soccer

## 2022-2023 Rosters

### Varsity

#0 Bri Cardinal  
#1 Summer Proctor  
#2 Skylar Woods  
#3 Zoe Strom  
#6 Emery Lotz  
#7 Riley Mayforth  
#8 Sophie Caragiulo  
#9 Michelle Prieto  
#10 Nour Lakhdar  
#11 Kiley Hershman  
#12 Ella Wicks  
#13 Zitlaly Salinas  
#14 Sara Arany  
#15 Brinn Martello  
#16 Madelyn Bland  
#17 Mia Ortleib  
#18 Isabella Ferreira  
#19 Arabella Magnotti  
#20 Francesca Magnotti

Head Coach:  
Coach Richardson

Assistant Coach: Coach Stroop

Assistant Coach: Coach Keyser

### Junior Varsity

#0 Ashlynn Givens  
#1 Lupe Maldonado  
#2 Shawn Ortleib  
#4 Isabelle Carlsson  
#5 Lorelei Lilly  
#6 Isi Cicala  
#7 Sheriza Hernandez  
#8 Isabel Arent  
#9 Kristina Jester  
#10 Gianna Ferriera  
#11 Lily Beattie  
#12 Bella Nealon  
#13 Sophia Russell  
#14 Paige Cohen  
#16 Julia Russell  
#17 Lily Schale  
#18 Briseyda Montiel-Torres  
#19 Janishya Corwin  
#20 Blanka Bevardi  
#21 Brianna Barrera  
#22 Avery Winslow  
#23 Lexi Neiger  
#24 Amalia Matthews

JV Head Coach: Coach Hartman

Assistant Coach: Coach Proffit

GK Coach: Coach Driscoll

# Lady Sailor Soccer Program Policies, Rules, and Procedures

**Our Vision:** to create an environment of competitive soccer and individual growth.

**Our Higher Purpose:** to empower girls with the lifelong skills needed to reach their highest potential on the soccer field, in the classroom, and in the community.

**Head Coach Contact:**

Email: [ColeDanelleRich@gmail.com](mailto:ColeDanelleRich@gmail.com)

TeamSnap: SHS Varsity Soccer

**Junior Varsity Contact:**

Email: [Hayley.m.hartman@gmail.com](mailto:Hayley.m.hartman@gmail.com)

TeamSnap: SHS JV Soccer

## PLAYER EXPECTATIONS

A Lady Sailor Soccer Player is expected to...

- Be coachable and have a good attitude
- Always strive to be the best version of yourself as a player and individual
- Take responsibility and not make excuses
- Be an encouraging and respectful teammate
- Hold yourself with class when losing and grace when winning
- Be disciplined in your craft (soccer)
- Show up, be involved, be dedicated to the team

## A PLAYER'S RESPONSIBILITY TO COMMUNICATE

It is the player's responsibility to communicate any issues that arise with the Coach.

Playing time - difficulties with teammates - difficulties in school - tardiness - etc. is the player's responsibility to communicate. This is part of growing into young adulthood and taking ownership and responsibility for solving their own problems. We want to hear from the players and help them grow into competent individuals.

**CHAIN OF COMMAND:** If a player has an issue...

1st) The **player** should bring their issue to the **Coach's** attention and communicate the problem.

2nd) If the issue is still not resolved, a **parent meeting** can be arranged.

3rd) If the issue is still not resolved, a meeting with the **Athletic Director** can be arranged.

Please help us help our young people to be responsible by having them communicate their issues with their coaches.

## DOWNLOAD TEAMSNAPE

We will be using TeamSnap App to communicate. Please accept the invitation and get set up. This is where you can message coach questions privately or players can send messages to the Team Chat. The most up to date schedule will also be accessible on TeamSnap. You can also find important files and volunteer assignments there.

## LEADERSHIP COUNCIL BOARD

The Leadership Council Board consists of players elected by their teammates to represent each class, as well as Captains. The LCB acts as a liaison between the teams and coaching staff and gives our players ownership as they help inform the policies and decisions below.

## UNEXCUSED / EXCUSED ABSENCES

**All practices are mandatory.** Failure to attend practices or constant tardiness could result in being dismissed from the team. Players are required to text/call/TeamSnap message Coach and let her know in advance if you are running late or are missing practice. FHSAA rules state that a student who misses school may not participate in athletics (practice or games) on that given day. Attendance will be kept in Teamsnap Availability with offenses noted. The following consequences will be upheld for any unexcused absence:

1st offense: 8 x 100m sprints in 30 seconds or less. Loss of starting privileges.

2nd offense: 1-day game suspension

3rd offense: 1-week suspension

4th offense: dismissal from the team

### Sickness

If a player is truly feeling ill, please do not attend school or practice. **Please keep in mind sick players are usually not well enough to play in the game the next day.** A doctor's note or a parent email must be sent to Coach. Players should communicate any illnesses with the coach as soon as they feel ill. While sickness will not be penalized, excessive absences will be taken into consideration. We will follow all COVID protocols implemented by the school. Players who are not feeling well enough to participate in practice can let coach know and will be allowed to sit out and watch practice if they are not contagious.

### Religious/Family Emergencies

Players are excused for religious events and holidays and family emergencies. Please communicate these absences to Coach.

### Work/Appointments/Vacation

Please refer to our schedule when planning work schedules, family vacations, or non-emergency appointments (dental, ortho, well-child, etc) - these are **NOT** excused during the season. Our season is very short and it is important that all players are in attendance at practices.

### College Visits

Players are excused from one practice for a college visit. College visits will not be excused on game days. Please schedule visits in accordance with our schedule.

### Unexcused Absence of a Game

- 1st offense: If a player misses a game, they will not play the first half of the next game, at least
- 2nd offense: Benched a full game, required to support team and assist coaches
- 3rd offense: Dismissal from team

### Tardiness

A player will receive one warning for being late to a practice, game, or meeting. Then, each minute late = 1 lap. Habitual tardiness will result in more severe consequences.

## INJURY PROTOCOL

**INJURED PLAYERS ARE REQUIRED TO BE A PRACTICE.** Players should communicate with their coach about any injuries. If a player is too hurt to participate, **she is required to see the athletic trainer BEFORE and AFTER practice until she is cleared to play.** Jason Price, our Athletic Trainer will evaluate, rehab, and refer for further treatment if necessary. This is our team injury protocol. Injured players should come prepared with a towel and change of clothes and expect to take an ice bath for recovery. At practice, she will help the coach record stats, set up, etc if physically

able. If there is no improvement within a week from rehab with our Athletic Trainer, she will be asked to visit your family doctor. **PLAYERS WILL NOT BE PENALIZED FOR INJURIES AND ARE ENCOURAGED TO KEEP AN OPEN LINE OF COMMUNICATION WITH THE COACH.**

### **Practice Times**

- JV and Varsity practice times vary depending on field availability and the boys home game schedule. Teamsnap will have an up to date practice schedule and you will be notified through TeamSnap of any changes. Typically, **JV practices are 2:45-4:15 and Varsity practices are 4-5:45 PM.**
- Goalkeeper training will be arranged separately with Coach Driscoll, in which all GKs are required to attend. Typically, **GK training will be 3:45-4:45.**

### **Playing Time**

Being on this team is a privilege and no one is entitled to playing time. Playing time is not guaranteed - regardless of seniority, fundraising, participation in off season training, parent participation, etc.

Playing time is given to players who are the most effective on the pitch and who give the best results in the game, in addition to meeting expectations at practice and in the classroom. Players who have questions about what they can improve to earn more playing time can discuss this with their coaches - parents should not be the ones discussing this with coaches. Please empower your girls to have these conversations.

### **Drugs, Alcohol, and Tobacco**

Drugs, alcohol, and tobacco use are strictly prohibited. This includes smoking/vaping marijuana or tobacco products (JUUL, e-cigarettes, etc). Use of these substances are detrimental to you as a player and a young person. Coach reserves the right to drug test at random to ensure the safety of the players is being upheld. Any athletes who are found breaking this policy will be immediately removed from the team until they receive proper counseling.

### **Social Media**

Players will be required to share their personal social media account handles with their Coach, in an attempt to keep players accountable. Players are a representation of the program and high school and are expected to use social media wisely. Any defamatory, illicit, or unsportsmanlike posts in poor taste will result in disciplinary action or removal from the team. **Captains will not communicate with the team through SnapChat, but use email or TeamSnap messaging instead.**

### **Cell Phone Use**

Cell phones are not allowed to be used at practice, games, during travel, or while watching JV/Varsity play in support of our teammates.

Coach should never see a cell phone out. Cell phones will be collected at each game and during travel. This is to maintain undivided attention to our training and to build real-life relationships with our teammates. Having the phone put away helps us live in the present without distraction. If an emergency call needs to be made, just ask Coach. Coach is happy to connect parent to player if the situation arises. Parents are free to call/text Coach at any time and I will have players call back from their phone.

### **Away Games**

Here are the means of transportation as indicated on the schedule for away games:

- 1) Self-transport, arrive 1 hour early (need parent volunteers for JV, V arrive 1.5 hours early)
- 2) Vans (for JV only, need parent volunteers. Varsity will self-transport and arrive 1.5 hours early)

### 3) Bus

- Team Warmups must be worn to all away games. Away uniform is white, unless otherwise indicated.
- All players are required to ride bus TO the game, but may ride home with parent if the request is in writing via email or TeamSnap.
- **Varsity is required to watch and support JV for the last 20 minutes of their game, (means you need to arrive 1.5 hours early from your game time), no exceptions.**
- **JV must stay for the first water break of the Varsity game (home and away), no exceptions.**

### Home Games

Arrive 1.5 hours prior to kick off FULLY DRESSED in warmups and uniform. Players will set up the field prior to warmups. Late players will lose the privilege of starting the game. Away uniform is black, unless otherwise indicated.

- Coach will assign duties to get field set up.
- JV players will be assigned duties to work the Varsity Games (ball runners, scoreboard, etc).
- V must **sit together** and watch last 20 minutes of JV game. No phones.
- JV players must **sit together**, as a team, and watch the first quarter of the Varsity game. No phones.

### Gear/Attire & Fees

Registration Fees for each player will be \$120. Players will receive a separate document with team kits and replacement costs.

**Damaged or lost items will be paid for by the player . All items must be returned immediately after the last game or paid for or grades / schedules / diploma will be held by the school.**

Other team gear and fan gear can be purchased through the online team store:

[https://teamlocker.squadlocker.com/#/lockers/lady-sailor-soccer?\\_k=rdg52g](https://teamlocker.squadlocker.com/#/lockers/lady-sailor-soccer?_k=rdg52g)

- Team Managers / Assistants are required to wear team apparel to all games as decided by the group.

### Dress Code

- JV will wear **grey** practice shirts with black shorts and socks to training.
- V will wear **white** practice shirts with black shorts and socks to training.
  - Players who are out of dress code will run.

**In order to create a professional environment, players are expected to wear appropriate shorts in length and fit.**

Players whose shorts are too short/tight will be given shorts to change into. If it is a habitual problem, players will run or be sent home. No spandex or Lululemon are to be worn to practice.

### Grades

All student-athletes are required to maintain a 2.0 GPA. It is our team goal to maintain a 3.0 team average. Athletes are expected to do projects, reports, and assignments when they are assigned. Time management is an important life skill. **Athletes will not be excused to miss practice or games because they waited until the last minute to complete an assignment.** If you are struggling with a class or assignment, tell your coach ASAP. Players are responsible for turning in progress reports to your coach every Friday.

Players who show disrespect to their teacher or peers in the classroom will have consequences on the field. As decided by the Leadership Council Board:

- 1st offense: Player will be benched for 1 game, still required to attend and support team and assist coach + 2 games with loss of starting privileges
- 2nd offense: Players will be dismissed from team

### **Fundraising**

Our program is funded nearly entirely by our own efforts. We do a lot for our players that goes above and beyond the typical high school soccer program. Every player is expected to *participate*, at the very least, in our fundraising efforts this season with a \$500 fundraising goal per player. This can be accomplished through selling sponsorship banners, Givelively, etc. Players and families understand that without these initiatives, the players will go without uniforms, team meals, film, specialty training and coaching, etc.



# Varsity Team Fees & Kit Info

Team Fees help cover our program expenses and help to outfit our players with cool team kit gear. Expenses include Trace film & Analysis, practice attire, uniforms, pennies, cones, bags, warmups, goals, netting, training equipment, transportation such as buses and rental vans, team meals, away meals and snacks, banquet venue, and more. Scholarships are available for players in need.

JV and Varsity - \$120  
Preseason Camping Trip - \$120

## Varsity Team Kits

The following items are included in each Team Kit and are required to be returned at the end of the season unless indicated. Players are responsible for paying for lost or damaged items (*replacement cost in parenthesis*).

### **Varsity Kit:**

- 2 x White Practice Shirts (KEEP)
- White Adidas Condivo 21 Away Jersey (\$65)
- Black Adidas Condivo 21 Home Jersey (\$65)
- Black Adidas Condivo 20 Shorts (\$30)
- White Adidas Squadra 17 Shorts (\$20)
- Orange Adidas Squadra 17 Shorts (\$20)
- Black/Orange Full Zip Women's Medalist 2.0 Jacket (\$30)
- Black/Orange Reversible Penny (\$20)
- Black/Black Adidas Tiro 17 Training Pants (\$30)
- Black Adidas Stadium II Embroidered Backpack (\$75)
- **YOU ARE RESPONSIBLE FOR SUPPLYING YOUR OWN SOCKS IN BLACK, WHITE, AND ORANGE - 3 pairs, no stripes or logos other than Adidas.**

### **Additional Varsity GK Kit:**

- Orange Adidas Condivo 21 Long Sleeve GK Jersey (\$70)
- Orange Adidas Condivo 21 GK Shorts (\$35)
- Black Adidas Tierro GK Pants (\$45)
- Green Adidas Assista 17 GK Jersey (\$45)

## Items Available For Purchase

Hoodies...\$35  
Cotton Tshirts.....\$12  
Dri-Fit Tshirts.....\$15  
JV Orange Adidas Bag (from Team Kit)...\$30

Checks to Sarasota Sailor Soccer  
PayPal: [sarasotasoccerclub@gmail.com](mailto:sarasotasoccerclub@gmail.com) , venmo @ladyssailorsoccer

**Or look at the additional spirit wear we have available on Squadlocker:**

<https://teamlocker.squadlocker.com/#/lockers/lady-sailor-soccer>

# JUNIOR VARSITY TEAM FEES & KIT INFO

## Team Fees

Team Fees help cover our program expenses and help to outfit our players with cool team kit gear. Expenses include Trace film & Analysis, practice attire, uniforms, pennies, cones, bags, warmups, goals, netting, training equipment, transportation such as buses and rental vans, team meals, away meals and snacks, banquet venue, and more.

JV and Varsity - \$120  
Preseason Camping Trip - \$120

## Team Kits

The following items are included in each Team Kit and are required to be returned at the end of the season unless indicated. Players are responsible for paying for lost or damaged items (*replacement cost in parenthesis*).

### **JV Kit:**

- 2 x Grey Practice Shirts (KEEP)
- White Adidas Squadra 17 Away Jersey (\$40)
- Black Adidas Squadra 17 Home Jersey (\$40)
- Orange Adidas Squadra 17 Specialty Jersey (\$40)
- White Adidas Squadra 17 Shorts / Under Armor (\$20)
- Black Adidas Squadra 17 Shorts (\$20)
- Orange Adidas Squadra 17 Shorts / Nike (\$20)
- Grey Sport Tek Pullover (\$30)
- Orange Adidas Foundations Embroidered Backpack (\$30 - Available for purchase)
- **YOU ARE RESPONSIBLE FOR SUPPLYING YOUR OWN SOCKS IN BLACK AND WHITE - 2 pairs, no stripes or logos other than Adidas.**

### **Additional JV GK Kit:**

- 2 GK Jerseys (\$35 each)

## Items Available For Purchase

Hoodies...\$35  
Cotton Tshirts.....\$12  
Dri-Fit Tshirts....\$15  
JV Orange Adidas Bag (from Team Kit)...\$30

Checks to Sarasota Sailor Soccer  
PayPal: [sarasotasoccerclub@gmail.com](mailto:sarasotasoccerclub@gmail.com) , @ladysailorsoccer

**Or look at the additional spirit wear we have available on Squadlocker:**

<https://teamlocker.squadlocker.com/#/lockers/lady-sailor-soccer>

**Please sign and return:**

I agree to follow these team rules and policies, as an athlete and as a parent/guardian, as stated above and recognize that being on this team is a privilege. I also understand I am expected to participate in fundraising efforts.

**Athlete's Name:** \_\_\_\_\_ **Athlete's Signature:** \_\_\_\_\_

**Parent's Name:** \_\_\_\_\_ **Parent's Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

# Team Camp at Camp Idlewild

Depart from school after game on Friday, Nov 11.

We will return around 5pm on Sunday to Bahia Vista Parking lot.

## What campers need to know:

- We are at camp to have fun, work hard, and get to know your teammates better.
- Cell phones will be kept in the cell phone eater. You can have access to them at any time to contact your parents, just ask. Parents, contact Coach Richardson at 9417021883 at any time if you want to talk to your child. Coach will send updates via Teamsnap.
- You will be bunked with a group + chaperone.
- No lake access without a life jacket (camp rule) or a chaperone.
- All meals will be provided, but bring your own snacks or snack bar money.
- Bags will be checked so no funny business.

## What campers need to bring:

- 1 camp bag + book bag allowed
- Cleats and Shin Guards
- Athletic Clothes for Day Time
- Sleeping Clothes
- Flip Flops or Water Shoes
- Towel and Toiletries
- **Linens for Twin Bed or Sleeping Bag**
- Pillow
- Swim Suit
- Sunscreen and Bug Spray
- **Flashlight or Headlight**
- Sunglasses and Hat if desired
- Hammock if desired

## Sneak Peak at Schedule:

- 7:30am - Morning Yoga
- 8:30 - Breakfast
- 9:45 - Team Building Activity in Rec Room
- 10:30 - Technical and Small Sided Session
- 12:40 - Lunch
- 1:45 - Rest Hour
- 2:45 - Campers Collaborate
- 4 - Snack Time
- 4:10 - Campers Choice - Beach Volleyball, Lake, Kayaking, Beach Volleyball, Basketball
- 5:30 - Mentor Time
- 6:30 - Dinner
- 7:30 - Evening Activity (Manhunt?)
- 8:30 Campfire with smores

**Please sign and return the permission slip below.**

**Name**

**Date**

## **WAIVER OF LIABILITY AND HOLD HARMLESS AGREEMENT**

In consideration for receiving permission to travel on Miss Jodi's School of Dance, LLC vehicle;

I [REDACTED] (Name) Here by released wave discharge and covenant not to sue Miss Jodi's School of Dance, LLC, their officers, agents, contractors or employees (hereinafter referred to as RELEASEES) From any and all liability, claims, demand, actions, and causes of action whatsoever arising out of or related to any loss, damage, or injury, including death that may be, or to any property belong to me, while participating in such activity, while in, or on upon the premises where the activities are being conducted, **REGARDLESS OF WHETHER SUCH LOSS IS CAUSED BY NEGLIGENCE OF THE RELEASEES**, or otherwise and regardless of whether such liability arises in tort, contract, strict liability, or otherwise, to the fullest extent allowed by the law.

I am fully aware of the risks and hazards connected with the activities of a ride along in a company vehicle, and I am aware that such activities include the risk of injury and even death, and I hear by elect to voluntarily participate in SAID activities, knowing that the activities may be hazardous to my property and to me. I understand that Miss Jodi's School of Dance, LLC, does not require me to participate in this activity. I voluntarily a simple responsibility for any rest of loss, property of damage, or personal injury, including death that may be sustained by me, or any loss of damage to property owned by me, as a result of being engage in such activities, **WHETHER CAUSED BY THE RELEASEES** or otherwise, to the fullest extent allowed by the law.

I further here by **AGREE TO INDEMNIFY AND HOLD HARMLESS** the RELEASEES from any loss, liability, damage, or costs, including court costs in attorney fees that RELEASEES May encourage you to my participation in said activities, **WHETHER CAUSED BY NEGLIGENCE OF RELEASEES** or otherwise, to the fullest extent allowed by the law.

In signing this agreement, I acknowledge and represent that I have read the foregoing waiver of liability and a hold harmless agreement understand it and sign it voluntarily as my own free act and deed; no oral representations, statements, or inducements, apart from the foregoing written agreement, have been made.

**Name**

**Guardian**

**Date**