

# HOCO Soccer Parent Meeting



# Agenda

- Team Information
  - Staff, Schedules, Expectations, Etc.
- Fundraising
  - Fundraising Options
- Booster Club
  - Committees



# HOCO Soccer Coaches

- ◎ Elvar Gudjonsson – Program Head Coach -Boys and Girls – Varsity/JV
  - > [Elvar.gudjonsson@hcbe.net](mailto:Elvar.gudjonsson@hcbe.net)
- ◎ Gabby Wells – Girls Varsity Head Coach
  - > [Gabrielle.wells@hcbe.net](mailto:Gabrielle.wells@hcbe.net)
- ◎ Michael Pinto – Girls JV Head Coach
  - > [michael.pinto@hcbe.net](mailto:michael.pinto@hcbe.net)
- ◎ John Tignor – Boys JV Head Coach
  - > [John.L.Tignor@hcbe.net](mailto:John.L.Tignor@hcbe.net)



# Dates to Remember

- ◉ Conditioning: Dec 3, 5, 10,12. Jan 7, 8,9,13,14,15, 16
- ◉ Preseason Camp at Legion: Jan 21-24
- ◉ Tryouts: Jan 27, 28, 29
- ◉ \$400 fundraiser due: Feb 12, 2025
- ◉ Picture day: Monday 3 Feb 2025
- ◉ Youth Camp: Saturday 8 Feb 2025
  
- ◉ Senior Night: TBD

# Conditioning Dates

- MUST HAVE A PHYSICAL ON FILE
- Location: Pasture/Freedom Field
- Time: Begins at 3:30
- Dates: (session will be 1.5 hours)
  - December TBD
  - December TBD

**Purpose of conditioning is to help promote preseason development and to get players ready for tryouts.**



# Soccer Tryouts

- All Players **MUST** have a CURRENT physical on file before tryouts.
- Tryouts will be Jan 27<sup>th</sup>, 28<sup>th</sup>, and 29<sup>th</sup>.
- All 10 forms must be signed in DragonFly
  - > <https://www.dragonflymax.com/>
    - HoCo's school code is 6MDZZN
- Students/or parents can use the app on their phone or the website.



# DragonFly

- ◎ Here are the following forms that need to be completed:
  1. HCSD Emergency Contact and Medical Authorization
  2. HCSD Parental Consent for Participation
  3. HHC Authorization for Medical Examination and Treatment
  4. HHC Patient Privacy Acknowledgement and Consent
  5. Electronic Signature
  6. GHSA Student/Parent Cardiac Arrest Awareness Form
  7. GHSA Student/Parent Concussion Awareness Form
  8. GHSA Heat and Humidity Policy for All Sports
  9. PPE Health History Form
  10. PPE Physical Examination & Clearance Form



# SOCCER TRYOUTS

- ◎ **Tryout Dates: Monday January 27<sup>th</sup>, Tuesday January 28<sup>th</sup>, and Wednesday January 29<sup>th</sup>**
- ◎ Tryouts Location: Freedom Field/ Pasture Soccer field
- ◎ Tryouts will include technical tests with a ball such as passing, dribbling, shooting and we will also test your knowledge by scrimmaging to assess your skills in a game situation.





# Preseason Camp

Host: CGSA/Legion Director of Coaching Jason Kirk

Location: CGSA Soccer Complex

Dates: January 21-24

Girls and boys at 3:30- 5:00 PM

Cost is \$40. Checks need to be made out to Jason Kirk. Please turn form and money into Jenn by January 14, 2025, so we have an accurate count. Registration is not complete until paid.

**The purpose of this camp is to help promote preseason development to get you ready for our tryouts.**



# Varsity Fitness Expectations

## ◎ Girls

### ➤ 2 Mile Run

- Completed in 17:00

### ➤ Plyometric Test

-A series of plyometric tests that will emphasize body weight conditioning and muscle endurance

- Sprint Test

-Complete 10 sets of 100 yard sprints.

-20 Second sprint

-45 second recovery jog

-25 second break

## ◎ Boys

### ➤ 2 Mile Run

- Completed in 14:00

### ➤ Plyometric Test

-A series of plyometric tests that will emphasize body weight conditioning and muscle endurance

- Sprint Test

-Complete 10 sets of 100 yard sprints.

-20 Second sprint

-45 second recovery jog

-25 second break

# Practice Schedules

- Practice Times
  - > Practice Sessions will be about 1.5-2 hours
  - > 3:30-5:30
- \*Times are subject to change\*
- Where: Pasture and Freedom Field
- If a player arrives late or needs to leave practice early, that needs to be communicated directly to their coach.



# HOCO SOCCER EXPECTATIONS

A Standard Above Excellence,  
a Goal Beyond Victory



# Player Expectations:

- ◎ **Maintain a 3.0 GPA without failing a class**
- ◎ **Raise \$400 in advertising/sponsorship or raffle sales**
- ◎ Respect your teammates and coaches
- ◎ JV players must attend games of the corresponding Varsity teams
- ◎ Varsity boys must attend Varsity girls games and vice versa



# Player Expectations:

- All players must attend all practices for their specified team
- Be on time for practice
- If you will not be at practice, you need to notify your coach immediately
- Excuses must be school related or any valid emergency

**DETAILED PLAYER EXPECTATIONS WILL BE PROVIDED TO ALL PLAYERS AND PARENTS**

# Expectations: Parents Behavior

- **Coaches Coach. Players Play. Parents Cheer.**
- Parents should NEVER talk to a coach about playing time
- Coaches will always do what they think is best for the team to be successful



# GHSA Cardiac Arrest Video

<https://www.ghsa.net/recognition-and-management-sudden-cardiac-arrest-athletes%E2%80%93-produced-nfl-films>



**HOCO  
SOCCER  
BOOSTERS**

# HOCO SOCCER BOOSTERS

- Head Coach-Elvar Gudjonsson
- President- Michele Moulton
- Treasurer-Jenn Grady
- Secretary/Website-Jessica Smith
  
- Concessions-Crystal and Mike Buttimer
- Kids Camp-
- Senior Night-

**HOCO  
SOCCER  
FUNDRAISING**

# Player Fundraising Expectations

## ◎ FUNDRAISING

- > Each player must raise **\$400** for the overall success of our fundraising projects
- > Sponsorship / Ad sales / Raffle Tickets
- > Donations
  
- **If you don't wish to fundraise: Need \$400 check to HoCo Soccer**
- **Fall short of fundraising goal: Need check to make up difference to equal \$400**
- **Hold put on school account-Final exams/graduation**

# Fundraising Programs

- ◎ Sponsorships/Donations
- ◎ Raffle Drawing
- ◎ Ticket Sales
- ◎ Concession Sales
- ◎ Spirit wear
- ◎ HoCo Soccer Kids Camp

# Fundraising Incentives

- Rewards given as teams meet fundraising goals
  - Pizza after practice
  - Crumble cookies
- Individual rewards will be based on fundraising success

# HOCO Soccer Expenses

- Field Maintenance
- Uniforms and Training Apparel
- Equipment
- Game Day Costs
- Away Trips
- Referee Fees
- Coaching Fees
- Banquets / Awards / Senior Gifts
- Website and Online presence
  - Photographer
- Team Rewards and Fun!

# HOCO Soccer Boosters - NEED YOUR HELP

- Fundraisers / Sponsorship / Raffle
- Concessions/Gate Workers
  - Concessions and Gate- each family is asked to sign up for 2 time slots. Will be assigned games if you don't sign up.
- Game Day Set up & Clean up
- End of Season Celebration / Awards
- Senior Night (Junior Parents)



# Communications

- Email Us:
  - > [hocosoccer@yahoo.com](mailto:hocosoccer@yahoo.com)
- Web Site:
  - > [hocosoccer.com](http://hocosoccer.com)
- Instagram:
  - > [@hocosoccer](https://www.instagram.com/hocosoccer)

Please get connected, volunteer, and enjoy the season!

We need your help!

**Thanks for coming!**

**Questions?**