



GENERAL MEETING

2018

AHISD ATHLETIC MISSION

The mission of the Alamo Heights Independent School District Athletic Department is to provide opportunities for student athletes to develop the skills, character, fitness and overall health that promote excellence in academics, athletics and life.

Being a Mule



- **Comes with Expectations and Responsibilities:**
 - Work for the benefit of the team
 - Represent AHJS and AHISD at all times
 - Follow Extra Curricular Code expectations
 - Follow team expectations/rules

Coaching Staff

Boys Soccer Coach:

Casey Fallis cfallis@ahisd.net

Girls Soccer Coach:

Michelle Boyer mboyer@ahisd.net

Trainers: INJURIES BIG OR SMALL

Mike Post mpost@ahisd.net

Amanda Boyd aboyd@ahisd.net

JS Athletic Coordinator:

Mark Bond mbond@ahisd.net

AHISD Athletic Director:

Jennifer Roland jroland@ahisd.net

PAPERWORK NEEDED

To participate in UIL sports you will need the following:

- ✓ Physical signed by a Doctor on the correct UIL form
- ✓ Medical History Form

Due: before participation in any tryouts/workout. (November 8th)

- ✓ Online forms signed electronically at AHJS Athletic web page:
- ✓ Maintain passing grades in all classes

[All of the forms can be found on the AHJS Athletics Home Page](#)

ELIGIBILITY

- Must be passing during previous 9 week report card.
- Remain eligible: Passing every 9 weeks.

What is passing? 70 or above in all classes.

What if I'm not passing?

- You can regain eligibility at the end of the 3 week progress report following the 9 week report card of ineligibility.
- To be considered for the roster during tryouts, you must present Coach Fallis a grade report from your teachers to prove eligibility.
- Waiver for advanced classes (GT or HS credit).
 - Can only use once a year for one class. *ASK COACH

Review EXTRA-CURRICULAR CODE

Focus on being balanced in the classroom, in athletics, and out of school (You represent AHJS at all times).

Eligibility: Keep your grades up and be proactive (Remember: No Pass, No Play).

Discipline: Be respectful and attentive in class.

Be a leader and provide a good example for others. There should be **NO** referrals or teacher problems.

RANK ONE & TEACHER/COACHES WEB PAGES

- Practice and Game Schedules
- Maps to game locations
- Coach's web page – Info.
- Sign up to get updates/notifications?
 - Download the App, or go online and sign up

FAQ

- When are tryouts? – November 8th and 9th (4:30-6:30)
 - Boys need to sign up for tryouts with Coach Fallis between now and November 2nd
 - Complete all requirements
- When are games and practices?
- What do I need to bring/pay for?
 - Cleats, shin guards, team warmup shirt.
- What if I want to play basketball and soccer?
- Do I need to be at every practice and game?
 - Let's talk now... There is a procedure in place for this.

Attendance

- Goal:
 - We want players to learn our system, hear a common language, and work together, so all players are prepared to play HS Soccer. This is a team sport that requires a “team mentality” to be successful.
 - Can we be successful if you aren’t at practices or games?

I need to know your level of commitment
before you tryout for the team!

- We have 7 games... Can your team count on you if you aren’t committed to be there?
- Talk to your club coach: We will work with you, so he/she should as well. Our season is only 4 weeks long... 4 weeks that could make a huge impact in your game.
- When you play for AHJS, you play for AHHS... You are represent our program as a whole. HS coaches will be watching!

SOCCKER TRYOUT PROCEDURES

- **Speed/Stamina:** Speed is important at high levels of play. You can teach skills and improve speed, but natural speed is an advantage / Being able to sustain mental and physical effort for a long time is also a critical skill for soccer players to develop.
- **Aggressiveness:** Players should want to “win the ball.” A player who is tentative to win the ball is at a disadvantage.
- **"Strength on the Ball":** This has to do with skill, positioning, the ability to maintain possession of the ball when under pressure, as well as the ability to win possession of the ball from an opponent.
- **The Ability to Play Quickly:** Better teams will play fast and put the ball handler under pressure quickly. We are looking for players who can play fast by making quick, correct decisions under pressure.
- **Passing to Open Space and Movement off the Ball:** Being able to pass to open space (instead of just passing to feet), anticipating passes to open space and "movement off the ball" are critical at higher levels. Players who can play this way have an advantage over those who can't. Passing to the feet is important, but being able to see and use space allows a team to have a much faster, more fluid, and more creative attack.
- **Leadership:** Great players have a “never say quit” attitude and model good decision-making. After losing possession, players should be quick to make smart defensive decisions as opposed to “giving up.” Players should praise and encourage their teammates, rather than tear down.
- **Being “Coachable”:** The best of soccer players are those who are humble enough to accept coaching. Skills can be taught to players open to learning, but those unwilling to learn will only hurt the team.
- **Academic Excellence:** Players will be expected to maintain passing scores in all classes to be eligible.

SOCCER Skills Test

1. 800 (1/2 mile) run for time: Stamina and conditioning

2. Cone Dribble and Passing -

Students will dribble through a row of cones to display control, vision and anticipation.

3. Shooting -

Students will be asked to shoot and score from 5 different spots on the field. We are looking for form, strength, accuracy, and approach.

4. Game Play -

Team Skill
Passing on the ground
Lofted passes
Passing to open space
Crossing ball while running
Attacking
Finishing ability
Desire to score
(Takes on defenders, makes things happen)
Ability to break away
Playing the Midfield
Field vision (Able to anticipate)
Distribution skill
Ability to "create"
(Develops/sets-up plays)
"Defenders Mentality"
(Steps in front of offensive player, does not back down.)
Clearing the Ball
Recovery/Support


5. Coachability -

Accepts Coaching
Hustles
Leadership
Team Player
Self Control/Attitude
School wide leadership
Being responsive to Coaches

Did I Make the Team?

- Team selection: Players will sign in and get a number both days of tryouts (make sure it is the same both days). When a team is selected Saturday, a list will be posted by number on the Coaches web page by 12 Noon.

Back to District



ALAMO HEIGHTS JUNIOR SCHOOL

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f t e

7607 N. NEW BRAUNFELS
SAN ANTONIO, TX 78209
Phone: 210.824.3231

HOME SCHOOLS ELECTRONIC FORMS LINKS CALENDAR CAMPS

SOCCER (M)

ROSTERS SPORTS SCHEDULES PHOTOS CONTACTS INFORMATION

Coach Fallis Teacher Web Page- for all soccer information

http://ahjs.ahisd.net/students___parents/teacher_pages/fallis__casey/boys_soccer/

Check out our Sport homepages!

FEMALE SPORTS	MALE SPORTS
Athletics	Athletics
Basketball	Basketball
Cross Country	Cross Country
Soccer	Football
Strength and Conditioning	Soccer

SOCCER DAILY EXPECTATIONS

- Dress out in PE uniform or practice attire.
- Shoes- Soccer shoes and running shoes
- Sweats- for inclement weather days.
- Water bottle.
- Shin guards & long socks
- No jewelry and hair up.
- No cell phones.

DISCIPLINE SYSTEM- (Situational)

- Warning
- Call from student
- Call from Coach
- Contract for Athletics/sport
- Discipline referral
- Removal

COMMUNICATION REQUEST

- When questions or concerns arise:

Step 1: Encourage your child to speak with the coach directly.

Step 2: Talk to the coach.

- Send an Email (best way during the school day)
 - Request a short meeting with the coach
 - Please avoid conversations before and after games to avoid interrupting coaching duties and supervision.
- If you are not able to get a response or resolution please contact Mark Bond next.

How to Help

- COACH WILL NEED TEAM PARENTS FOR THE FOLLOWING:
 - ORGANIZING AND COMMUNICATING WITH OTHER PARENTS
 - CONCESSION STAND WORKERS (home games)
 - ORGANIZING TEAM SNACKS/DRINKS FOR GAME DAYS
 - PLANNING SPECIAL EVENTS

Please communicate with your coach if you would like to volunteer to be a "team mom/dad." It takes a committed group of players and parents to have a successful season.

THANK YOU

Parents are a huge part of helping to make AHJS Athletic Programs successful. We could not do it without your support.

Your communication is very important so please continue to have positive communication with players and Coaching staff.