

Bettendorf HS Girls Soccer 2021
Parents/Players/Coaches Meeting
2/23/2021

- Returning coaches [Todd Hornaday](#) (23rd season as BHS Girls Soccer Head Coach), [Taylor Johnson](#) (2nd season) Pheng Vang (1st season)
- Fundraising: Team webstore opens for just one week at 10 am on Weds, Feb 24
 - Webstore link will be emailed/Remind, and be on school activities website
 - Parent liaison needed for season-- coordinates with Booster Club
- Team Communication:
 - [Family ID](#): Must create an account first and join “Girls Soccer - 2021”, even if you joined another school team before
 - Upload a current copy of a physical (expires after one year)
 - Complete ‘Code of Conduct’ and “Concussion Protocol’ in your account
 - Remind sign-up: <https://www.remind.com/join/bhsdogs>
- Tryouts: Varsity (by invitation only)- Mon., March 22 (5:20-7:00 pm: Stadium)
 - First JV practice—5:20-7:00 pm, also on Mon, March 22: Stadium
 - Playing time is not guaranteed in interscholastic athletics
- Practice schedule, game schedule, etc., on [team website](#)
 - Varsity/JV game schedule on [school website](#)
 - Official varsity stats at <http://www.quikstatsiowa.com/>
- No soccer players/balls can be present in the Stadium during BHS Track practice
 - Stay off the track lanes during their practice
 - We are allowed to stretch and run (under soccer coach supervision) on the turf during Track practice, but we are their guests during this time
- Parents: please arrive early to pick up your children
 - Practices are closed to the public: family/friends are not allowed to watch inside the stadium without permission from the coaching staff. If you arrive early, please remain in the parking lot.
 - Maintain good behavior towards officials and opponents
- Player equipment- Official NOCSAE seal on shinguards (Worn no higher than 2” above ankle)--***shinguards worn even during practice (unless told otherwise by the coach)***
 - Warm clothing in the cold→gloves, hats, sweatpants, coats, etc.; always bring flat shoes, as well as cleats, in case of indoor practices or weightlifting
 - Fitbits can be worn, but must be covered by a wristband (even if worn under a coat or shirt)

- For varsity, long-sleeve shirts and compression sleeves/leggings can be worn under the game jersey and shorts, but they must all be the same color for everyone wearing them
- Picture day: estimated Saturday, March 27, 9:00 am in TouVelle Stadium
- Eligibility:
 - Physical must be turned in, along with signed ‘Code of Conduct’ and ‘Concussion Protocol’ on [Family ID](#), before an athlete can practice
 - Written clearance from a doctor if you have seen a doctor about an injury or illness
 - **Tentative COVID policy (*subject to change*): Masks should be worn on the field, classroom, weightroom, or bench at all times in practice. Masks should also be worn at all times during games unless you are one of the 11 players on the field.**
 - If you’re unexcused for any class, advisory, or PRIDE offering, you can’t play/practice that day
 - If you stayed home or went home sick, even for part of a school day, you can’t play/practice that day
 - “No Pass, No Play” grade rule at the end of a quarter → first violation= 30-day suspension, starting your next game
 - You may not compete against, or play/train with, an official college soccer team at any point during your high school career → could result in you losing all HS soccer eligibility forever (questions about a college visit or ID camp, let us know ASAP)
- After-school/ weekend conflicts → at least one-week notice + HS coaches’ discretion
 - Tutoring/ make-up work takes priority over practice, but please let the coaches know ASAP and don’t make it a habit!
- Ball girl duties will be posted early in the season
 - Finding a replacement is your responsibility
 - Missed duties might result in reduced playing time, even if you are on varsity
- If you have high school soccer concerns or complaints, please call or text Coach Hornaday (563-529-1683) or e-mail him at thornada@bettendorf.k12.ia.us to set up a time in which you, your daughter, the athletic director, and members of the coaching staff can all meet (during practice, on the sidelines right after a game, or late night phone calls are not appropriate times).
- Be mindful of being a good teammate and showing good sportsmanship
 - Show care with Twitter, Facebook, SnapChat, YouTube, etc.
 - Cell phones should not be visible at all once practice starts, not even during water breaks, without permission from a coach
- Please do not change shirts unless you are out of viewing range

- Diet Guidelines:
 - In-season, you should be consuming at least 64 ounces of water each day
 - You should be eating every 2-4 hours to get your 3,000 calories per day in-season
 - Morning meals should be balanced:
 - Oatmeal, whole grain pancakes, eggs, nuts, turkey bacon, peanut butter, bagels, toast, fresh fruit, ‘not from concentrate’ fruit juice
 - A mid-morning snack 2-3 hours after breakfast is ideal (fresh fruit, peanut butter sandwich, nuts)
 - Pre-Game meal (lunch before an afternoon practice or game): try to be finished eating between 3 and 5 hours prior to the start of the practice or game
 - Meal should focus on sustainable sources of energy: non-greasy pasta, rice, potatoes, starchy vegetables, breads, cereals, pancakes, lean chicken/fish and fresh fruit (no dried fruit)
 - If you need a snack a couple hours before playing, eat a low fiber/low fat granola bar, peanut butter and/or honey sandwich, pretzels, or a bagel
 - *Avoid foods high in fiber, simple sugars, or fat in the hours leading up to playing: avoid greasy meats, potato chips, popcorn, lettuce, high fiber granola bars, candy bars, soda pop, Gatorade, fruit snacks*
 - Post-playing refueling: examples of what should be consumed within 30 minutes of the end of physical activity
 - Gatorade or chocolate milk
 - Protein and carbohydrate shake/bar (if food is not available)
 - Pizza
 - Bananas and dried fruit
 - Peanut butter sandwich
 - Your final meal of the day should be well-balanced and rich in protein, fiber, healthy fats, vitamins and carbohydrates. An effective sample menu would include a chicken breast, spaghetti and lean meatballs, pizza, green beans, salad, whole-wheat bread or rice and a piece of fruit for desert. Avoid eating late; if you eat a dinner high in fiber it will help curb your appetite before bedtime.

- Important off-field dates 2021:
 - March 13-21: Spring Break
 - March 30-31: 3rd quarter Finals
 - Fri, April 1-2: No School
 - Sat., April 17: ACT test (morning—we play in Bettendorf at 12:30 pm)
 - Thurs., April 29: Parent-Teacher Conferences (4-6 pm)
 - Sun., May 30: HS Graduation 1:00 pm
 - Mon., May 31: No School (Memorial Day)
 - June 2-3: 4th quarter Finals
 - Potential Playoff Dates: May 28, June 2 and 4; State: June 8,9,11 in Des Moines
 - Sat., June 12: ACT test (morning)
 - Mon., June 14: Soccer awards night