



Hellgate Girls Soccer Program

**Guiding Principles & Policies
2021**

Coaches Contact	1
Program Values	3
Communication Within Program	4
Tryout & Preseason Schedule (Tentative)	5
Forms and Paperwork	7
Tryout Assessments	8
MCPS District Player Expectations	10
Academic Requirements	10
Attendance Requirements	10
Alcohol and Drug Policy	10
Expectation From the School District:	11
Team Expectations:	11
Making the Program	11
Playing Time	12
Earning a Varsity Letter (JV earns Letters of Participation)	12
Photos and/or Video - Promotional and Social Media Use	12
Transportation Policies	13
Practice & Home Game Transportation	13
Away Game Transportation	13
Athletic Training and Treatment	14
Wildfires and MCPS Air Quality Protocols	14
Concussion, MCPS Parent and Student Information	14
Hellgate Emergency Action Plan, AED	14
Hellgate Lightning Safety Policy	14
Hellgate Heat Illness Plan	15
Role of Parents	16
Fundraising	17
COVID Policies & Procedures	18
TBD for 2021	18

Coaches Contact

Head Coach: Natalie Hiller-Claridge

Phone - 406.360.8587
Email - firstpointgk@gmail.com

JV Coach: Crystal Herzog
Phone - 406.249.1792
Email - crystalherzog@yahoo.com

Assistant Coach: Rachel Eull
Phone - 425.330.8444
Email - rmatten@gmail.com

Athletic Trainer: Paul Capp
Phone - 406.728.2400 ext 6618

Program Values

Fun

Hellgate Soccer is dedicated to laughing, playing (not the sport but like a kid), engaging in activities that make everyone smile, competing, winning, and truly enjoying each moment.

Program

We are one family on the field and off. We come as Knights. We represent Hellgate High School everytime we step on the field. We champion each other and hold each other to a high standard as individuals and players.

Growth

Always looking to improve as a player and an individual. Embracing mistakes along the way in order to go beyond what we already are proficient in. The result - skill development, confidence, and winning.

Balance

Keeping balance, on the field and off. Balancing social and academic responsibilities. Maintaining balance on the field, staying in position and keeping perspective.

Communication Within Program

We have put this communication process in place in order to address any concerns or conflicts that may arise. It is our expectation that this process is followed by all parties involved. The Hellgate Girls Soccer Program believes in each player taking personal responsibility and playing an active part in advocating for themselves and communicating with their coaches.

This communication protocol includes the following modes of communication: letters, emails, text messages, social meeting, in person, and phone calls.

Player to Coach

Players need to set up a meeting with their coach if they have a concern. Please do not bring issues to a coach directly following a match. JV players are also welcome to bring concerns to the Head Coach, Natalie Hiller-Claridge

Player to Parent

It is the player's responsibility to communicate to the parent what was discussed in their meeting with the coach. If this is not sufficient for the player or parent, then a meeting can be scheduled between the player, parent(s), and coach. This meeting will need to be scheduled through the Head Coach, Natalie Hiller-Claridge.

Player, Parent, and Coach

This meeting will include each person. There will be no meeting between a parent and coach only. The player will need to be present. If a parent brings a concern to a coach alone, they will be asked to refrain from continuing the communication until the player can be present. If the topic has been brought forth by a parent before a player a

Player, Parent, Coach, and Athletic Director

In the outside event where either party feels the issue is not being resolved properly a meeting can be scheduled with all parties and the Athletic Director, Nick Laatsch

Tryout & Preseason Schedule

Below is our 2021 Preseason Schedule. This schedule will be similar every year, so plan your family vacations accordingly. It is important to realize that we typically start on a Friday in mid-August.

Friday, August 13

7:30 AM: Fitness Assessment, 100 Yard Full Fields
8:00 AM: Rondo (5 v 2) warmup
8:15-9:30 AM: 1 v 1 play

4:00 PM: Fitness Assessment, T-Test
4:45 PM: Rondo (5 v 2) warmup
5:00-6:00 PM: 2 v 2 play

Saturday, August 14

7:30 AM: Soccer Skill Assessments, Juggling, Long Balls
8:15 AM: Rondo warmup
8:30-9:30 AM: 4 v 4 play - one field will have keepers
Afternoon and Sunday OFF

Monday, August 16

7:30 AM: Fitness Assessment, 12 Min Run (Stegner track - near Sentinel HS)
8:15 AM: Rondo warmup
8:30 - 9:30 AM: 4 v 4 flying changes

4:00 PM: Soccer Skill Assessment, Dribble Shoot & Dribble Turn
4:45 PM: Warmup (their progressive warmup run they do) and Rondo
5:00 - 6:00 PM: Scrimmage (2 x 20mins)

Tuesday, August 17

7:30 - 9:30 AM: Program Practice (Team Placement and Assessment Scores given after)
4:00 - 6:00 PM: Varsity & JV Practice

Wednesday, August 18

7:30 - 9:30 AM: Varsity & JV Practice

Program Retreat 11:00 AM - into the evening (NOT OVERNIGHT) Location TBD

Program Retreat is tentative - based on COVID. If we determine that it is not a good idea we will have afternoon practice. Please plan on a retreat at this point.

Thursday, August 19

7:30 - 9:30 AM: Varsity & JV Practice

4:00 - 6:00 PM: Varsity & JV Practice

Friday, August 20

7:30 - 9:30 AM: Varsity & JV Practice

4:00 - 6:00 PM: Varsity & JV Practice

Saturday, August 21 & Sunday, August 22

OFF

Monday, August 23

7:30 - 9:30 AM: Varsity & JV Practice

4:00 - 6:00 PM: Knightly Duel (Program Scrimmage)

Tuesday, August 24

7:30 - 9:30 AM: Varsity & JV Practice

4:00 - 6:00 PM: Varsity & JV Practice

Wednesday, August 25 Pre-Game Practice

4:00-6:00 PM: Varsity & JV Practice

Thursday, August 26

Game Day - Butte Away

Friday, August 27

4:00-5:30 PM: Varsity & JV Pre-Game Practice

Saturday, August 28

Game Day - Sentinel Home

Forms and Paperwork

- All paperwork should be turned in before Friday, August 13th (DO IT EARLY).
- Turn it into Leilani Booi in the Hellgate front office.
- Players cannot participate unless paperwork (physical forms) are turned in.
- Fees:
 - School Fees: Participation \$60, plus Activity \$25
 - White Fee: \$35, pays for Hellgate training shirts
 - Gear / Shirt Fee: optional \$15 and up
 - Team Photo Fee: optional \$15 and up

Tryout Assessments

The Knight Sword - Fitness Award

Knight Standard - to receive a sword pin you need a combined score of 24

Top finisher(s) will get their name on our Knight Sword trophy.

12 Minute Track Run: Run as far as you can in 12 minutes around a track (Stegner Track).

Knight Standard: 6 laps

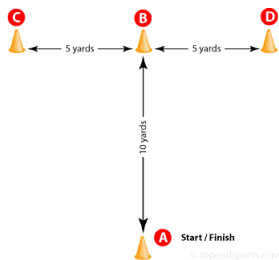
Points Awarded: 0.25 point per $\frac{1}{4}$ lap.

100 Yard Full Fields: Down and back, down in under 25 seconds and the rest of the minute to return and go again. This continues for the first 10. On the 11th 100, you will have 24 seconds to complete the 100, 36 to return and recover. 12th, 23 seconds to complete 100, 37 to return and recover. And so on.

Knight Standard: complete the first 10

Points Awarded: 1 point per 100, down and back, in allotted time

T-Agility: Start at the bottom of the T, 'A'. On the command of the timer, sprint to cone 'B'. Then turn left and shuffle sideways to cone 'C'. Then shuffle sideways to the right to cone 'D'. Then shuffle back to the center cone 'B', then run backwards cone 'A', the starting point. The stopwatch is stopped as they pass the starting point. Take the best time of three successful trials to the nearest 0.1 seconds.



Knight Standard: Average of three 12 seconds or faster, score of 8 (see points awarded below)

Points Awarded: 20 minus your average. So if your average is 12, your score is 8, if your average is 11 your score would be 9.

The Gold Boot - Soccer Skill Award

Knight Standard: Combined 24.5 points

Top finisher(s) will get their name on our Gold Boot trophy.

Juggling Assessment: The number of consecutive touches you can get in 3 minutes, starting with the ball at your feet (you can't use your hands). For example: You get 3 touches, then start over, and get 25 touches, then start over and get 15, your total to report would be 25.

Points Awarded: 1 pt per 10 juggles, with a max of 10 points

Knight Standard: 2.5 points

Long Ball Assessment: Place a 25 yard long ball, in the air, to a target. The target will be a 5 yard by 5 yard coned box. Balls need to land in the box, from the air, but do not need to stay within the box. You get 10 attempts.

Points Awarded: number of balls to land in box

Knight Standard: 5

Dribble and Shoot: A total of 5 sticks are placed 2 yard apart. The first stick is placed at the top of the 18 yard box, centered on the goal, the fifth stick is 26 yards out, centered on the goal. Dribble through the sticks and shoot before the penalty mark (12 yards out, from the center of the goal) into either corner of the goal, where a Pugg goal is placed. You get 10 attempts.

Points Awarded: number of shots made with clean touches through sticks

Knight Standard: 6

Dribble and Turn: Dribble from endline to top of the 18 yard box and back, is one attempt. You get 5 attempts.

Points Awarded: average out of 5 attempts, and subtract that number from 20

Knight Standard: 11 (so this means an average of 9 seconds or faster)

MCPS District Player Expectations

Academic Requirements

Academic requirements apply to athletics and any MHSAA sponsored competition. Students participating in a school sanctioned sport or activity will be required to achieve a minimum cumulative grade point of 2.0. No student athlete or activities participant may have an "F" in any subject during a grade reporting period: i.e., mid-quarter, quarter, or semester.

Seniors must be in at least five academic classes and meet the above academic eligibility requirements in order to participate.

Attendance Requirements

For activity participation, either in practice or competition, a student needs to be in class every scheduled period of the school day or have given documentation for an exempt absence to the attendance clerk or an administrator for that day. Students missing class due to unexcused or excused absences are ineligible on the day of absence for practice or competition.

Students missing classes for school activity events will be "school related absent". This does not provide students with any additional makeup time for work missed.

Alcohol and Drug Policy

Our team has a zero-tolerance policy for drug and alcohol use. Don't engage in these activities, don't be around others who are engaging in alcohol or drug use, and don't attend gatherings where you suspect others will be engaging in alcohol or drug use. The district's policy for violation(s) is cumulative during a student's four years in high school, and outlined below,

First offense in a student's high school career: The student shall be suspended from competing or performing in any school-sanctioned activity for one year. Days counted include 12 calendar months beginning the date the student is notified of suspension.

Second offense in a student's high school career: The student shall be suspended from competing or performing in any school-sanctioned activity for one year. Days counted include 12 calendar months beginning the date the student is notified of suspension.

Third offense in a student's high school career: Full suspension from all extra-curricular activity programs for the remainder of the student's high school career.

Hellgate High School Girls' Soccer Player Contract

Expectation From the School District

1. Chemical/alcohol abuse policy will be enforced. Players are expected to read and be familiar with this policy. By signing this contract, you are making a commitment to our team and yourself.
2. Uniforms are school property. Players pay for lost, stolen, or damaged uniforms. Respect your gear and all school property in our use.
3. Appropriate, respectful and dignified behavior should be displayed at all practices, games and trips. You represent Hellgate High School, this program, your coaches and teammates.
4. Attendance policies will be enforced.
5. Academic policies will be enforced. You are a student first, athlete second.

Team Expectations:

1. We are a family. We have each other's backs. We lift each other up. We empower each other. We are loyal and say positive things about teammates, staff and program 'behind their backs' to maintain a close family atmosphere of support.
2. We respect and support coaching decisions and directions. We listen and communicate.
3. We believe in good sportsmanship. *"Win with class, lose with dignity."* We respect officials and opponents.
4. We communicate. Your coaches have an "open-door" policy and it is YOUR responsibility, as a player, to communicate on your behalf. (see handbook)
 - a. Conflicts happen--communicate them as early as possible, IN PERSON.
 - b. Email Coach if in-person communication is not available (asap).
 - c. In an emergency, communicate with Coach via text or phone call.
5. We show up for each other. You are making a commitment to our team, and are expected to be at practice unless previously communicated with your Coach. Unexcused absences will result in appropriate consequences.
6. We use appropriate and respectful language.
7. We ride together. Players are expected to ride the bus for away games unless arranged ahead of time and COMMUNICATED to a coach.
8. We respect our captains and our captains respect their position.
9. We follow curfew for overnight trips. This is for the safety of our whole team.

Making the Program

1. We will have two teams: Varsity and JV. Tryouts will be held to determine team selections. Placements can be flexed throughout the season.
2. Team placement will be evaluated on a number of aspects:
 - a. Technical Ability
 - b. Tactical Ability
 - c. Fitness (Assessments)
 - d. Leadership (Team Oriented)
 - e. Soccer Intelligence
 - f. Attitude
 - g. Physical Ability
 - h. Program Needs

- i. Coachability
- j. Commitment

Playing Time

1. We have a “team first” attitude and are more than willing to do what is asked of us and we are noble and supportive when faced with adversity.
2. We respect and support coaching decisions.
3. At JV level, all players will be awarded playing time. REMEMBER: placements are fluid and there is always an opportunity to be flexed to Varsity and vice versa.
4. Varsity playing time will be determined by coaching staff and will be in the best interest of the team.
 - a. It does not have to be equal
 - b. It is not guaranteed
 - c. Substitutions will made at the coach’s discretion

Earning a Varsity Letter (JV earns Letters of Participation)

1. You must be in good academic standing as required by the district.
2. You have suited up for every game or have played more than 200 Varsity minutes, or by Coaches discretion.

Photos and/or Video Promotional and Social Media Use

I agree to allow Hellgate High School to use photos and or video of me engaged in the program(s) for promotional materials, grant purposes, or any other reason.

I have read these expectations and rules and hereby make a commitment to the HHS Girls’ Soccer program:

Player signature: _____ Date: _____

I have read and will comply with the HHS Girls’ Soccer program handbook:

Player signature: _____ Date: _____

Parent signature: _____

Contract updated 2021

Transportation Policies

Practice & Home Game Transportation

- All practices are up the Rattlesnake Complex soccer fields, 1865 Lincoln Hills Drive (Head north on Van Buren St / Rattlesnake Dr, past Rattlesnake Elementary School, and turn Right on Lower Lincoln Hills Drive, the fields and parking lot are on your left.)
- During school, most players drive themselves, or get a ride with a teammate.
- Freshmen:
 - Go with a teammate, bike, or carpool.
 - Ride the school bus (must get permission from office).

Away Game Transportation

- Players are expected to ride the bus both to / from away game locations.
 - Team bonding win or lose.
 - Homework can be done on the bus.
 - Few exceptions allowed only if pre-approved by me and the Athletic Director.
 - Must get BLUE pre-approval form
 - No last minute signings

Athletic Training and Treatment

The athletic trainer for Hellgate High School is **Paul Capp**. He oversees all athletic sports at the school. This means he is not always at practices but will typically be on location during matches.

If an injury happens it is extremely important to let Paul know as soon as possible. He will assess your injury and help you get back to play at your full potential.

There is an athletic treatment room at the school. Paul will let you know when he is available there. If you need any taping, or need something before practice please arrive early enough to be taken care of before practice begins.

Please try to be on time for your appointment! If you have any questions you can call 406-728-2400 ext. 6618 or email pcapp@mcpsmt.org

Wildfires and MCPS Air Quality Protocols

<https://www.mcpsmt.org/domain/3762>

Concussion, MCPS Parent and Student Information

<https://www.mcpsmt.org/site/Default.aspx?PageID=13021>

Hellgate Emergency Action Plan, AED

We have an AED at the Rattlesnake Complex. Next to each AED is a venue specific Emergency Action Plan (EAP). On this plan there is a map to the ambulance entrance point for each facility along with a step-by-step “script” to help Emergency Medical Services get to the venue in a timely manner. If there is an emergency, Paul Capp will hustle to the venue to assist as needed, if not already present.

Hellgate Lightning Safety Policy

Lightning activity will be monitored using the WeatherBug app, per Montana High School Association Policy. During events, lightning activity will be monitored by the activities director and the Licensed Athletic Trainer. For practices, coaches are required to monitor lightning activity if the Licensed Athletic Trainer is not on-site.

Activity Modification: If lightning is seen, thunder is heard, or WeatherBug app shows lightning is within 10 miles of the outdoor venue play will be postponed or suspended until lightning has moved outside of 10 mile radius or 30 minutes following last visible lightning strike.

If evacuation is necessary during an event, the activities director will notify the head referee regarding the advice to evacuate the field. Per MHSAs policy, the referee will then make the decision to suspend play.

Approved Shelter during a lightning storm at the Rattlesnake Complex is the Locker Room / Bathroom Building.

Hellgate Heat Illness Plan

As an outdoor sport, we employ the [TACO method for heat illness treatment](#), as needed. Below are the signs and symptoms of heat illness we use to monitor players. Paul Capp will keep ice in a cooler at the field to be used in case of a heat emergency and a tarp in the utility room.

	Signs and Symptoms	Treatment
Heat Exhaustion	<ul style="list-style-type: none"> • Complaints of dizziness and/or feeling light headed • Headache • Feels nauseous • Sweating profusely • Pale skin • Rapid pulse 	<ul style="list-style-type: none"> • Remove excess clothing/equipment • Move athlete to a shady area • Assist cooling by fanning the athletes or putting ice packs in arm pits and groin • Call Athletic Trainer
Heat Stroke	<ul style="list-style-type: none"> • Very elevated body temperature • Athlete appears confused, delirious, and disoriented • Skin feels hot to the touch • Elevated heart rate • Complaints of dizziness • Vomiting • Athletes suffering from heat stroke often collapse 	<ul style="list-style-type: none"> • Call 911 • Begin cooling the athlete using the TACO method • Call Athletic Trainer <p>Athlete should not be transported until fully cooled. Can transport athlete in ambulance while in the tarp with ice </p>

Role of Parents

- Be positive.
- Be your child's biggest supporter.
- Let the coaches coach.
 - Don't coach from the sideline.
 - Be positive.
 - Don't engage with the refs, parents, or players in a negative manner.
- Remind your children to advocate for themselves.
- Your coaching staff cares about the well-being of each player, support them. Remember they will spend more time during the season with your children than they will with their own families - give them grace, give your support and we promise to give our energy and time.

Fundraising

- Universal Athletic Logo Wear Sales, Front Street Pizza Gift Card Sales, and WeFund4you. Details will be shared after our teams are made.
- Helps pay for:
 - Outdated equipment (flat or old balls, torn bibs, broken equipment)
 - Help with new jerseys, warm-ups, or warm undershirts for game days
 - Pay for assistant coach, travel, food on road trips
 - Buy new speed/agility training equipment
 - Video equipment

COVID Policies & Procedures

TBD for 2021