

## **Lutheran High School - Parker**

### **Boys Soccer Expectations      Fall 2008**

All students should have the proper physicals and permission slips in before the first practice.



When school is in session and when weather permits, practices will be held from 3 – 5 PM. Practice officially starts Aug. 11, 2008. Weather is not as much of an issue especially early in the season, but there may be times when the weather is not so great and we have practice in the school (gym, weight room or hallways). Decisions on times for practice will be made no later than noon of that day. Please make arrangements to have your athlete picked up no later than 30 minutes after practice ends.

We will occasionally have practices on Saturday, but they will be early, so as not to conflict with family plans. There will be practice on Saturday, Aug. 16 from 8-9:30. There will be practice on Friday Aug. 22 (Freshmen Retreat) at the normal time. We will plan on having practice on Labor Day (Sept 1) and some practices during the teacher's retreat October 1-3.

Game times and places will vary. You may pick your student up after the game (home or away). If it is an away game, please make arrangements to be at the school when the team arrives back at LHSP. If you are planning on picking your athlete up after an away game, please communicate that with one of the coaches. No students will be able to ride with other parents or students after an away game without written permission.

Because soccer is a physically demanding sport that also relies on skill and strategy, attendance at all practices and games is mandatory, unless other arrangements have been made, by a parent, doctor, or teacher. The soccer season is around 2 months long so to miss practice or games makes a huge negative impact on the team. If you have not talked to Mr. Palmreuter and been cleared by him about missing practice or a game and you were at school,

- 1<sup>st</sup> time – Extra mile of running after practice
- 2<sup>nd</sup> time – Extra 1.5 miles of running after practice and you will not be allowed to play in the next game (You will also be expected to do extra conditioning because you missed the game)
- 3<sup>rd</sup> time – Extra two miles of running after practice and you will not be allowed to play in the next game. You will then be required to explain to the team why you want to continue playing and what will change.

Please be sure to communicate any planned absences from a game or practice at least two days before that day.

Because soccer is so demanding it is also necessary to give all you have in every practice or game. If you do not play and practice in a God pleasing manor (great attitude and great effort), your play time and/or your position on team may be affected.

Please bring cleats, shin guards, and athletic shoes to every practice. We may spend time running and dribbling in the building, watching video, or practicing on the field.

Please think ahead: especially late in the season: bring layers of athletic clothes (so that you are prepared for many different temperatures) water, and sunscreen to practice or games.

All school owned uniforms must be returned, neat and clean, to Mr. Palmreuter within one week of the end of the season.

## ***Fitness and Endurance***

Soccer, over most other field sports, requires a high level of cardio and mental fitness and endurance. The game is broken into two 40-minute periods with casual running/walking followed by sprinting. The need to be able to sprint at maximum levels and then recover quickly is essential for all players regardless of position played.

## ***Adaptation***

The principal of bodily adaptation is where over a period of time a person's body will adapt to the stress required of it. There are limits to the level of adaptation because of time, age, physical type, personal goals, and desire. Because of

- Soccer's need for rapid acceleration, sprinting and quick recovery these areas need to be emphasized during training sessions.
- Endurance can be developed during practices and during players off time.
- Players need to run, jog and walk at least 20-45 minutes continually 6 days a week during training and playing season.

## ***Diet***

The word diet does not mean denial but "lifestyle" in its root form. Most teenage diets consist of high sugar and simple carbohydrate intake.

- Players need to limit soda intake to 12 ounces (1 can) a day. Diet pop can be consumed except that the chemical "Nutrasweet" appears to be bad for brain and kidney functions in addition to having a diuretic affect (makes you loose water).
- Eat more foods with lots of protein.
- Eat fewer foods that are high in fat.
- Try to balance your cholerick intake as close as possible to 50% carbs, 30% protein, and 20% fat.
- Pre-game and practice foods should be low in fat and proteins, because these things are hard to digest.
- Re-fuel ½ hour prior to game time with complex carbs. (Suggestion energy bars such as Power Bars, one pack GU, Luna bars, Cliff Bars, fruit, whole grains, etc.) Wash it down with water or sports drink.
- It is very important to stay hydrated during the game, so be sure to drink water and/or sports drinks during the game. Studies show that after 45 minutes of activity, the body needs electrolyte replacement (Gateraide).
- First ½ hour after Game and practice is critical to recovery and muscle rebuilding. A balance of carbs and proteins is essential. Again stick to 50-30-20 rule and stay away from sugar products.

## ***Sportsmanship***

During practice, contests, in school, and in life outside of LHSP, we are not only representing LHSP and our families, but Jesus Christ. Student athletes will be expected to conduct themselves in a way that is pleasing to our Lord, on and off the field.

## ***Athletic Training Regulations***

Training rules are in effect 365 days per year. (There is no off season when it comes to athletic training.) These regulations apply to managers, trainers, and cheerleaders, as well as the participating athletes.

Athletes are to abstain from the following: a. tobacco b. alcohol c. drugs

Individuals suspected of violating these regulations may be required to appear before an athletic council consisting of the athlete's coach, the athletic director, a faculty member of the athlete's choice.

The consequences for violation will be a minimum suspension from the team for 1/3 of the contests at that level. A suspension may run into the next season if the suspension occurs at the end of a season. The suspended athlete may be allowed to practice with the team during the suspension.

### ***Eligibility***

Because athletics are not the primary reason you are here at LHSP a certain minimum performance is necessary to make sure that academics are pushed aside.

To be eligible to represent LHSP publicly in co-curricular activities, a student must maintain a certain eligibility standard. Two failures on any ineligibility report will make a student ineligible to represent LHSP, in contests, from Tuesday through the following Monday. If a student is failing one class, they will be unable to participate in contests until that grade has been raised. A failure of two semester classes renders the student ineligible to represent LHSP in any activity for the following entire quarter. Students may also be held out of practice if it is necessary to make up a great deal of work.

An individual could also be held out of a contest or practice due to behavior issues.

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Please return by Wednesday, Aug. 13, 2008

I have read the expectations and agree to comply with them with them to the best of my ability.

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student

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parent





## 2008 BOYS SOCCER SCHEDULE

Please check LHSParker.org often for game changes.

Aug 4-7	Soccer Mini-Camp	8:00-10:00 AM
Aug 11-15	Pre-School Practice	8:00AM – 12:30 PM
Aug 16	Saturday Practice	8:00 - 9:30 AM
Mon Aug 18	First Day of School	Normal practices begin
Aug 29-30	at The Classical Academy Tourney	TBA
Tue Sep 2	at Elizabeth	4:00/JV Following
Thu Sep 4	DENVER LUTHERAN	4:00
Mon Sep 8	VALLEY	4:00/JV Following
Wed Sep 10	MACHEBEUF	4:00/JV Following
Sat Sep 13	ARRUPE JESUIT	4:00
Sat Sep 20	WELD CENTRAL	10:00
Mon Sep 22	JAMES IRWIN	4:00/JV Following
Fri Sep 26	at Evangelical Christian	4:00/JV Following
Sat Oct 4	at Alexander Dawson*	3:00
Tue Oct 7	NEDERLAND*	4:00
Sat Oct 11	HERITAGE CHRISTIAN*	10:00 (Homecoming)
Thu Oct 16	at Denver Academy*	4:00
Oct 21-22	State 1 <sup>st</sup> Round	TBA
Sat Oct 25	State 2 <sup>nd</sup> Round	TBA
Thu Oct 30	State Quarterfinals	TBA
Sat Nov 1	State Semifinal	TBA
Tue Nov 4	3A State Championship	TBA

\*--indicates 3A Region 4 Game (top three in the region go to state)

- We do not currently have Bruce Randolph on the schedule, but they are one of the possible 3 that will go to playoffs.

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Assistant Coach: Jack Messner

Athletic Director: Jason Block [Jason.Block@lhsparker.org](mailto:Jason.Block@lhsparker.org) ext. 2005

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