



**GREAT VALLEY
SOCCER**

**PRE-SEASON INFORMATION
2024**



GREAT VALLEY SOCCER 2024

GREAT VALLEY SOCCER CANDIDATES:

As we begin preparing for the upcoming season I want you to be aware of our goals. Our primary goal is to win championships. The next goal is for you to improve as a soccer player. And our most important goal is for you to grow as young men as you follow our Core Principles. You must begin preparing now and continue through the summer if we are going to reach these goals. I expect your maximum effort in all you do. It is the only way we will be successful.

In this packet you will find the following items to prepare you for the upcoming season and to help in answering questions on how and when things will be done.

Letters from the Athletic Director: Introduction Letter and the Athletics Code of Conduct.

Forms Due & First Day Checklist: A list of items you will need to complete prior to and for the first day of camp so that you may participate.

Preseason Practice Schedule: Details for the first three weeks of the season. All varsity and JV players **must** attend. Please plan accordingly!

GV Soccer Core Principles: These are the ideas that will guide you in everything you do.

Team Policies and Regulations: Guidelines and expectations for each player.

9th Grade Memo

Player and Parent Agreement Form: This must be completed and presented at the first session on August 14th or you will not be able to participate.

The level of success that this program will achieve depends on the effort each of you put into your preparation this summer. Develop your CHAMPION'S MINDSET now. You must have the DESIRE to play soccer daily. You must have the DISCIPLINE to follow the training schedule. You must have the DEDICATION to improve yourself every day. You must prepare for success!

Feel free to contact me with any questions:

E-mail: dmoffett@gvsvd.org

Phone: 484-467-7520 (cell)

For more info :

GV Soccer channel in Teams

The history of success of Great Valley Soccer is built upon the commitment, character and competitiveness of generations of players that have preceded you. How will you contribute to this legacy?

Sincerely,

Coach Moffett

Great Valley School District

Great Valley High School 225 North
Phoenixville Pike Malvern, PA 19355
Phone 610.889.1920
msemar@gvsd.org



Michael Semar
Director of Athletics

Dear Parents/Guardians,

Your son/daughter's participation is very important to us. The privilege of participating in Great Valley's athletic programs carries with it a high level of responsibility on the part of the student-athlete. Standards of behavior, attitude, and academics require athletes to exceed the basic expectations. Through athletics, student-athletes are exposed to various situations that can enhance the development of important life-skills including; self-esteem, cooperation, responsibility, sportsmanship, decision-making, and the ability of working toward worthy goals.

While participating on any team, students must maintain Great Valley School District and Pennsylvania Interscholastic Athletic Association eligibility standards. Students must be passing at least, four credits of classes at the conclusion of the school day on Friday each week. During a marking period, eligibility runs from Sunday to Saturday. Please see the full explanation in the Great Valley High School Student Handbook if you have any questions.

We are very proud of our athletic program. We enjoy working with the student-athletes and we appreciate your support. If you have any questions or would like to get clarification on anything regarding athletics in the student handbook, do not hesitate to contact me!

Go Patriots,

Michael Semar

Michael Semar Director of
Athletics
Great Valley High School

Great Valley School District
Equal Opportunity Employer

**GREAT VALLEY SCHOOL DISTRICT
GREAT VALLEY HIGH SCHOOL
ATHLETIC DEPARTMENT**



To: High School Athletes

From: Michael Semar – Director of Athletics

Subject: Great Valley High School-Athletics Code of Conduct

Great Valley High School student-athletes are held to a very high standard. It is my expectation that all students and their parent/guardians understand that students are expected to follow the guidelines outlined in the GVHS Student Handbook, the Great Valley High School Athletics Code of Conduct, and the team rules establish by each program. The GVHS Student Handbook is constantly being updated, please make sure that you read it each year and feel free to contact me if you have any questions or would like clarification. Specific athletic programs within the Great Valley School District may hold their team members to a higher standard if they choose to do so.

Please check to make sure you understand the Great Valley Athletics Code of Conduct:

- **Team Rules** - must be signed by the athlete and their parent/guardian
- **PIAA Physicals and Emergency Cards** - all forms and fees must be completed online using Form ReLEAF prior to any participation, <https://www.qvsd.org/Page/18057>
- **\$95 Activity Fee** - fees must be completed prior to any participation in practices or tryouts. Activity fees should be paid by check or online via [PaySchools Central](#) before tryouts begin. Checks can be brought to the main office prior to the start of the season.
- **Hazing** - zero tolerance, please refer to the student handbook for the school policies, all athletes must complete the NFHS Hazing course, <https://nfhslearn.com/courses/bullying-hazing-and-inappropriate-behaviors> the course is free, you must complete the course and submit your certificate of completion to your coach, prior to participation
- **Drug and Alcohol Code of Conduct** - please refer to the student handbook for the school policies
- **Academics/Eligibility** - all athletes must be passing 4.0 credits of classes to be eligible to compete; warning reports go out on Wednesdays and the actual report will go out on Fridays, eligibility runs from Sunday to Saturday
- **Lockers** – lockers may not be decorated, the student-athlete will be financially responsible for their repair year
- **School Attendance** – athletes must be in by 10:30 to participate at practice or game, “resting” on days of competitions is not an acceptable reason for an officially excused lateness (“student” is more important than “athlete” in student-athlete)
- **Practice Attendance** – practice attendance will be taken each day
- **Vacation Attendance** - fall athletes sacrifice the last few weeks of summer vacation in order to participate, winter athletes sacrifice holiday break in order to participate, spring athletes sacrifice spring break in order to participate, coaches are directed to consider absences during this time “unexcused” unless they are for a legitimate reason other than vacation *[Per the board approved coach’s handbook: “Parents and athletes should be made aware (during preseason meetings) that practices and games will be held over holiday/vacation breaks and athletes are required to attend during these breaks.”]*

- **Communication of Athletic Concerns** - step 1-communicate directly with the coach, step 2-communicate with the athletic director, and step 3-communicate with the building principal
- **Social Media** - athletes are always representing their team and GVHS
- **Sportsmanship** - team and individual behavior must always be appropriate
- **Injury Management** – student-athletes must report all injuries to their coach and the athletic trainers immediately
- **Transportation** - proper behavior on the buses is expected, permission to travel home with a parent should be established with the coach prior to the trip home
- **Student Parking** - under no circumstances are student-athletes permitted to move their cars from the student lot for practices, parking in the visitor's lot is prohibited
- **Dress (School, Practice, and Competition)** - must follow the student handbook guidelines, practice attire must be appropriate, and no cleats worn indoors
- **End of the Season Uniform Obligations** - athletes are financially responsible for all equipment issued to them

Director of Athletics Contact Information:

Mike Semar

msemar@gvsd.org

Office: 610-889-1920



GREAT VALLEY SOCCER

Due by Thursday, August 8th, 2024

- ____ 1. ***The Athletic Department uses an online registration for our sports programs through the registration platform, Form^{Re}Leaf. Form^{Re}Leaf is an intuitive and secure registration platform providing you with a user-friendly way to register for our programs, while helping us to be more administratively efficient. For more information on this process please go to GVHS website, to the Athletics tab where you will find Registration Information in the ribbon menu at the top.***
- ____ 2. **PIAA Comprehensive Initial Pre-Participation Sports Physical Evaluation, SECTION 6:**
Take this form to your doctor. This must be completed and signed by you, your parents, and your doctor.
 - a. Physicals may be performed by your family physician after May 1st.
 - b. Initial physicals WILL NOT be performed at GVHS.
 - c. **This must be uploaded as part of the online submission noted above.**
- ____ 3. **\$95 Activity Fee:** Pay via PaySchools Central at: <https://www.payschoolscentral.com/>
- ____ 4. **Hazing Course:** Complete the free course here, <https://nfhslearn.com/courses/bullying-hazing-and-inappropriate-behaviors>, save the certificate and send a copy to the athletic trainer Keith Johnson: kjohnson@gvsd.org

This information must be submitted on or before Thursday, August 8th

If you have not completed these items **you will not participate on August 12^h.**

1st DAY CHECKLIST: Monday, August 12th

- ____ 1. **GV Soccer Player & Parent Agreement** form: This is the last page of your packet and both must be signed by you and your parent and turned in to Coach Moffett or Coach McCauley or Coach Brogan on or before August 12th.
- ____ 2. **Water:** Every player is required to bring their own water during camp.
- ____ 3. **Soccer Ball:** Every player is asked to bring their own ball with their name on it during camp.
- ____ 4. **Running Shoes:** We will start with the 1.5 mile test.
- ____ 5. **Blue T-shirt, Blue Shorts, White Socks:** You are expected to dress in these colors.
- ____ 6. **Shin Guards:** All players will be required to use NOCSAE approved shin guards for games this season. Look for this label on the packaging before you buy new ones.



GREAT VALLEY SOCCER

2024 PRESEASON PRACTICE SCHEDULE

Mon Aug 12 8:00-11:30 1.5 Mile Test V, JV & 9th	Tue 13 8:00-11:30 120's Test V, JV & 9th Varsity Team Selection	Wed 14 Time: TBD V, JV & 9th	Thu 15 Time: TBD V, JV & 9th	Fri 16 Time: TBD V, JV & 9th	Sat 17 Scrimmage V & JV "Play Day" @ WC East 11:00-5:00	Sun 18 No Practice
Mon 19 Time: TBD V, JV & 9th	Tue 20 Scrimmage V & JV @ Radnor 3:30	Wed 21 V, JV & 9th 3:00-5:00	Thu 22 V, JV & 9th 3:00-5:00	Fri 23 Game- @ Phoenixville 3:30	Sat 24 8:00-10:00 V only	Sun 25 No Practice
Mon 26 1st Day of School Practice 3:00-5:00 V, JV, 9th	Tue 27 Game- @ Harriton 3:45 Practice 3:00-5:00 9th	Wed 28 Practice 3:00-5:00 V, JV, 9th	Thu 29 Practice 3:00-5:00 V, JV, 9th	Fri 30 Game- Connestoga 3:45	Sat 31 No Practice	Sun Sept 1 No Practice

- Practice will begin at the GVHS Varsity field for the first three days.
- All Varsity and JV players are required to attend all sessions.
- 9th Grade players are encouraged to attend. 9th Grade team tryouts will be held during the first 3 days of school.
- All players must bring a ball and water to each session.
- All players are expected to wear Royal Blue T-shirts, Royal Blue Shorts, and White socks unless told otherwise.



GREAT VALLEY SOCCER

CORE PRINCIPLES

OUTSIDE THE LINES

(Preparation)

- **Commitment**

- Dedication and direction
- Establish priorities, make sacrifices
- Develop work ethic of a champion
- Maintain discipline

- **Conditioning**

- Physical requirements
- Fitness: speed, quickness, agility, endurance, strength, technical ability
- Discipline to workout everyday

- **Communication**

- Open and honest
- Informative
- Listening, as well as talking

- **Chemistry**

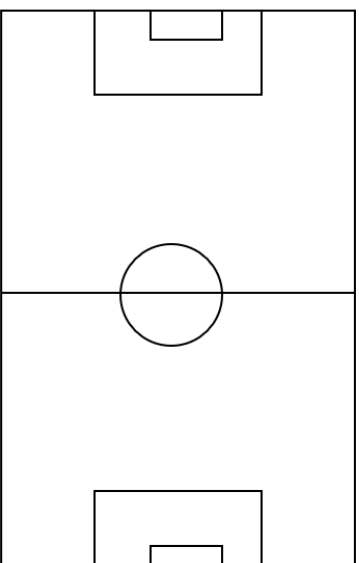
- Relationships, bonds, connections, one cohesive unit
- Positive attitude, no whining
- Value of every player on the team
- Go out of your way to develop relationships

- **Coachable**

- Hunger for learning
- Listen, learn, and apply
- Understanding and correcting mistakes

- **Character**

- Respect and integrity
- Trustworthy and honest
- Doing the right thing, making good choices
- How do you want to be known or remembered?
- Your actions reflect on the program, coaches, teammates and your parents.



- **Challenge**

Expect it
Seek it
Embrace it

Struggle = learning

Champion's Mindset

- Desire
- Determination/Grit
- Dedication
- Discipline
- Work Ethic
- Pride

INSIDE THE GAME

(Performance)

- **Concentration**

Focused
Eliminate distractions
Stay in the moment
Anticipate what is to come

- **Composure**

Control of emotions and anger
Your conduct is all class
Mental toughness
Deal with mistakes

- **Competitive**

Intensity and Passion
Fierce desire to win
Never quit. Never ever quit.

- **Confidence**

Bring it every day
Belief in self and teammates
Performance under pressure
Bounce back from mistakes

- **Courage**

Wanting the ball in pressure situations
Do not fear failure
Overcome your fears

- **Communication**

Simple, clear, useful
Positive, constructive, timely

Your Performance Will Follow Your Attitude.



GREAT VALLEY SOCCER

TEAM POLICIES AND REGULATIONS

I. Academics

- A. It is your primary responsibility as a student-athlete to maintain your eligibility.
 - 1. Any athlete who is failing two subjects is ineligible for the week.

II. Absence

- A. Practice
 - 1. 1st Unexcused Absence – 1 game suspension.
 - 2. 2nd Unexcused Absence – Dismissal from the team.
 - 3. Excused Absence – You must see coach in advance.
- B. Game
 - 1. Excused Absence – You must see coach in advance.
 - 2. Unexcused – Dismissal from the team.
- C. Excused Absence Defined
 - 1. Serious Illness (you are under a Doctor's care)
 - 2. Doctor's Appointment (schedule to avoid conflicts)
 - 3. College Visit (it is expected that visits will be schedule to avoid missing games and practices if possible.)
 - 4. You must notify coach a day in advance if you are going to be late or absent for any reason. This is your responsibility. Do not send a message with someone else.
- D. Unexcused Absence Defined
 - 1. Work
 - 2. Minor Injury or Illness (You must still attend practice.)

III. Lateness to Practice

- A. Excused Late
 - 1. With the trainer.
 - 2. Meeting with a teacher after school.
 - a. Notify coach in advance.
 - b. Present a signed pass from the teacher when you get to practice.
- B. Unexcused Late (Detention, Overslept, etc.)
 - 1. First Offense – Verbal warning and review of consequences for subsequent lates.
 - 2. Second Offense – 1 game suspension.
 - 3. Third Offense - 2 game suspension.
 - 4. Fourth Offense – Dismissal from the team.
- C. Late to School
 - 1. If you are late to school for some reason, remember that you must arrive 10:30 AM to be eligible to practice or play that day. Otherwise, this may be considered an unexcused absence.

IV. Conduct

- A. All players are expected to demonstrate GV Soccer's "Core Principles" at all times when dealing with members of the coaching staff, game officials, teammates, and opponents.
- B. Anything other than exemplary conduct demonstrated by any player on or off the field will not be tolerated and may result in loss of playing time, suspension and/or dismissal from the team.
- C. Please refer to the GVHS Student Handbook under Athletics for additional student-athlete expectations.
- D. If a player receives repeated yellow cards from game officials, the player may face reduction in playing time and/or suspension from the team.

IV. Dress and Appearance

- A. Players will wear proper soccer equipment at all times during practice.
- B. No jewelry is to be worn on the field.
- C. Players will arrive on the field dressed and equipped ready to play for all practices and games.
- D. Game day attire will be specified later by the coach.
- E. As a representative of Great Valley High School and this program you are expected to take pride in and adhere to the highest standards of physical appearance, appropriate attire and grooming.

V. Travel

- A. All players are expected to travel with the team to and from games.
- B. Requests to return home with your parents will be considered on an individual basis.
- C. School Athletic Policy states that the request from the parents must be written and presented to the Athletic Director and Coach 24 hours prior to the game.

VI. Injuries

- A. Inform your Coach of any injuries you sustain.
- B. See the Athletic Trainer for an evaluation and treatment. Follow their recommendations.
- C. Players are required to attend practices and games while they are injured. Failure to do so may lead to dismissal from the team.



GREAT VALLEY SOCCER

MEMO TO 9TH GRADE PLAYERS

To: Incoming 9th Grade Soccer Players

From: Coach Moffett

Welcome to Great Valley Soccer. We look forward to working with each of you over the next four years through your soccer development. The objective of our 9th grade program is to give you top-level training and competitive matches to improve your skills and prepare you for the Varsity and Junior Varsity levels.

All 9th grade players are invited to attend the pre-season training camp beginning on Monday, August 12th. Training sessions are held at from 8:00 to 11:30 in the morning. Attendance during that time is voluntary for 9th grade players but is strongly encouraged. During this time the Varsity and Junior Varsity squads will be chosen. To be under consideration for these teams you must be in attendance for all tryout sessions.

There will be a separate 9th grade team. Once the Varsity and JV teams are chosen, the 9th grade team will practice in the mornings from 8:00 to 10:00 for the remainder of the first week. All 9th grade players are eligible to tryout for the 9th grade team regardless if they attended the preseason camp but **attendance is strongly encouraged**.

Tryouts begin for all 9th graders on the first day of school, from 3:00 to 5:00 and will continue for two days. Team selections will be made after those two days of practice. Practice for the 9th grade team will be held at the high school during the season. The location for games will be announced when confirmed.

We will hold Open Play Nights for all GV Soccer players on Wednesday nights throughout the summer from 6:00 to 8:00 PM on the lower turf field or stadium turf. The start date will be Wednesday, June 4th.

Please read through the training packet and follow the training program to prepare for the upcoming season. If you still have questions feel free to email us.

Varsity Coaches: Coach Moffett Dmoffett@gvsd.org; Coach McCauley Bmccauley@gvsd.org

JV Coach: Coach Brogan Dbrogan@gvsd.org

9th Grade Coach: Coach Spiker Lspiker@gvsd.org



GREAT VALLEY SOCCER

PLAYER & PARENT AGREEMENT FORM

I, _____, have read and understood the GV Soccer Pre-Season Information packet, including the Team Policies and Regulations page, the GV Soccer Summer Training Program, and the GVHS Athletics Code of Conduct and agree to abide by them.

Player Signature

I, _____, the parent of _____ have read and understood the GV Soccer Pre-Season Information packet, including the Team Policies and Regulations page, the GV Soccer Summer Training Program, and the GVHS Athletics Code of Conduct and agree to support them.

Parent Signature