



Olentangy Men's Soccer

Player and Parent Handbook

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Dear Players,

This is our Year! This must be the mindset that we have going into the season. **We have something to prove.** We underperformed in the playoffs, and we need to be ready to start the season on a strong foot and only improve week upon week. Every game, every goal, every moment. We need to fight for everything in every second of every game. We do not want to end our season with disappointment and we need to prepare for every aspect. We need to be fitter, stronger, faster and more technical. We can not make excuses, so do not let your preparation be the reason why we are not able to perform at the levels we need.

With that being said, we can not state how excited we are for the upcoming season. We have a lot of talent within this program and have a dedicated group of players that are currently remaining within the program. Being able to add in our new group of freshmen and seeing where their development can take them over the next four years will be bringing a breath of fresh air across the program.

We are going to have a very challenging schedule. We start the season with a trip to St. Charles; who finished in the final four last season for the second year in a row. We have a Ohio Soccer dynasty, St. Ignatius, coming to us on Homecoming. We have central district champions; Olentangy Liberty, Orange, Berlin, as well as a rematch with Dublin Coffman. We have a date at Scott's Miracle-Grow Field against district champions Medina. And we have a big match against the state champions and Ohio Capital Conference (OCC) - Cardinal Conference champions Dublin Jerome. Our OCC conference is one of the most difficult ones for Men's Soccer. We will need to prepare for these games and give ourselves the best opportunities to showcase ourselves against the best competition.

Your brotherhood is the key to our success, and as long as we are working for each other, we will be very successful next season. There is a story told by a native american who talks about two wolves. We need to feed the wolf everyday. It is a hungry wolf, one that wants to work hard and wants to be successful. The right wolf works hard every day, it wants the team to be successful, it never gives up, it doesn't understand how to quit. The wrong wolf gives up, starts drama, complains about the team, and complains about where they are and why they don't play. **Feed the right wolf.**

I am sure that everyone will be excited for the upcoming season, but there is much to do before we get to tryouts and our preseason. You need to keep this packet in your hands and make sure that you don't forget about it. Everyone needs to take their off-season workouts seriously. This coming season is about everyone being consistent and staying focused day in and day out. The bench will be a lonely place for those that don't put the work in now. You can always look back and say "What if?". Attend every session you can and make sure that you put in the work. Be

consistent throughout the summer. If you attend all of the workouts and practice sessions you will come back quicker, faster, stronger, fitter and more skilled for the fall.

Also, be aware that the fitness will be much more intense than last season. You will spend more time learning how to play the system with speed and accuracy, and how to be and stay aggressive and physical with our style.

This will be a great season, but the winning begins long before the lights go on in the stadium for our opening game. Have the right frame of mind to start. Every second we have will be critical to our success. Every game is important in determining how far we can go in the playoffs. We are capable of beating any team on any given day, we must be at our best every time we take the field. If we are off our game even a little, our opponent will have a chance to beat us. The game changed quickly, we were better than what we showed at the end of the year, when we lose our focus even for one moment, we can be beaten. **STAY FOCUSED, WORK HARD, BE BRAVE!**

Players that adhere to all aspects of the summer preparation have the best seasons. For those that have self-discipline challenges, ask for help from your teammates to hold you accountable. Your goal is to outwork every opponent we compete with this fall starting right now. When you do this, you know that no one will be able to outwork you. **This is how you win championships!** Get everything done this summer, dominate pre-season, and we will win.

I can't wait to see you all this summer and to show our growth this fall.

Sincerely,

Coach Vazquez
Head Men's Soccer Coach
Olentangy High School
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Olentangy Men's Soccer MISSION STATEMENT

OUR MISSION IS TO MAXIMIZE THE DEVELOPMENT EACH INDIVIDUAL WITH IN THE MEN'S SOCCER PROGRAM

Olentangy Men's Soccer VISION

Our players will perform at a level that surpasses or is equal to their ability. We will promote high expectations for players in the areas of competition, technical, physical, psychological, academic, lifestyle, and service development. This vision will be moved towards through leadership training, community engagement, and program unity.

Olentangy Men's Soccer Program Philosophy

High school athletics are used as a venue to teach, learn, develop, and display life skills. Individuals must place others above themselves to move towards team synergy. How a player reacts to both positive, and especially negative situations, usually is the standard for the measurement of both the team and individual success (event + response = outcome). Players must realize that as a member of the Olentangy High School Men's Soccer Program they represent not only the soccer program, but furthermore their parents, coaches, administration, student body, the Olentangy School District and community. To play soccer for Olentangy is a privilege, not a right. The chance to be a part of this program is a great opportunity that comes with great responsibility. The student athlete must realize all actions on and off the field are a direct reflection of the entire school community. Student athletes should act as a proud member of their family, team, and school. Sports are played, coached, and watched for the enjoyment of the competitive spirit, therefore, relish in the opportunity in a positive manner so you will be looked upon as a role model. There are plenty of young children at our games that idolize you.

In addition, we, the staff, are most interested and concerned about you as a student, athlete, and person. Assisting each team member to achieve their individual goals and helping you to become a successful soccer player, student, friend, son, husband and leader are our primary goals. Realizing that you have responsibilities outside of soccer, we will do everything possible to help you maintain proper balance in all areas of your life.

CORE VALUES

We are: BRAVE

Olentangy High School players should have the following ethical principles to ensure they are able to focus on group development. Although soccer is a large part of your life, it is not the most important thing. Players should realize there is life after soccer, focusing on the following ethical principles will give the player peace of mind to focus on the beautiful game.

- **Bold** - We look to take risks, finding solutions to problems we face together
- **Resilient** - We never give up, we compete to the final whistle
- **Adaptable** - We are ready to embrace new challenges, and stretch to accept new roles
- **Visionary** - We prepare for the future today, looking ahead to who we want to be and see the roadmap to get there
- **Energetic** - We are positive with our teammates, give 100% every day to help my teammates to succeed and improve.

PROGRAM GOALS

The goals of the Olentangy Men's Soccer Program will be developed and agreed upon by the players, coaches, and OHS Administration. Outcome and performance goals will be developed in the following areas:

- Soccer Skills - Technical Execution, Game Insight and Understanding, and Soccer Fitness
- Character - Focus, Initiative, Responsibility on and off the field, and Core Values

Rules and Regulations

Olentangy Men's Soccer Program Team Rules 2026

TEAM STANDARDS

Team standards are put in place to protect and guide student-athletes. The coaches believe in consistency in handling situations pertaining to team standards. Further, the coaches believe that it is useful to allow the team to take ownership in making team policies and should hold each other accountable in adhering to those policies; the coaches can be available in walking them through decisions and consequences. The focus of team policies and team standards is to foster impactful relationships, not rules.

1. CONDUCT:

- a. The Olentangy High School Athletic Program is often the first interaction individuals within the Olentangy Local School District and outside of the OLDS have with our school.
- b. The conduct of players, parents and coaches can leave a lasting impression on the quality of our school and district.
- c. Therefore, the participants in the Olentangy Soccer Program (players, parents and coaches) are expected to conduct themselves in a manner that would reflect positively upon themselves, their peers (teammates), their school and their family.
- d. This expectation is in place 24-hours per day, 365-days per year. Appropriate conduct includes but is not limited to the examples included in this portion of the handbook.

2. SCHOLASTIC:

- a. In order to be eligible to participate in practice or games, all student athletes are required to meet or exceed the Olentangy High School Attendance Policy for Athletic Participation.
- b. Student athletes need to contact the Coaching Staff if they fail to meet this standard.
- c. The Athletic Director will handle exceptions to this rule.
- d. If the reason for absence is illness the athlete must bring a release from a doctor and obtain permission from the administration.
- e. Be on time and be ready to participate fully in all classes.
- f. Practice accountability with assignments and pro-actively communicate with your teachers and peers.

3. ACADEMIC ELIGIBILITY:

- a. A student is academically eligible or ineligible for participation on the soccer team as determined by the standards set by the Ohio High School Athletic Association and the Olentangy Local School District.
- b. Each team may establish a minimum GPA expectation. The minimum GPA expectation will not prohibit the student athlete from participation but will establish a point where the student athlete is expected to be intentional in improving their GPA.
- c. Our goal as a program is to have the highest program GPA throughout the year.
- d. A student's eligibility will be determined according to their GPA for the immediately preceding nine week grading period. Semester and final exams are not to be calculated in the nine-week GPA assessment because of the comprehensive nature of exams. A student's eligibility will be determined by examining each student's nine-week grade independent of prior grading periods. Students must maintain a quarterly GPA of at least 1.5 (on a 4.0 scale), and must receive a passing grade in a minimum of five (5) one-credit courses or the equivalent, which count towards graduation.
- e. Additional information can be found in the Athletic Student Handbook ([LINK](#))
- f. Academic awards are based on cumulative GPA's; both Olentangy High School Scholar Athlete Awards and Central Ohio Soccer Coaches Association Scholar Athlete Awards.

4. DISCIPLINARY ACTION:

- a. The coaching staff believes that the goal of disciplinary action is to correct student-athlete behaviors that may be detrimental to their short-term or long-term future, team culture, the future of the soccer program, and the Olentangy High School Community.
- b. The purpose of any disciplinary action is to do what is best for the growth of the person and of the team.
- c. Many behaviors that are subject to disciplinary action by the coaches can and will be handled on an individual basis allowing the coaches the discernment to do what is best for all involved.
- d. Some behaviors, however, have little or no room for flexibility in how the situation is handled, much like the Laws of the Game.
- e. *Note: Any student suspended from participation should still ride the bus and be with the team during the match unless the OHS administration says otherwise.*
- f. **Detentions:**
 - i. Each detention received in school will result in the player being assigned a writing assignment as determined by the coach.
 - ii. The second detention will result in a ½ game suspension and all additional detentions will result in additional game suspensions.
 - iii. In addition, it is the player's responsibility to notify the coach immediately of the detention.
 - iv. Failure to do so will result in a game suspension.
 - v. Players are not permitted to request a change of date for the detention due to bus departure times for away games.
 - vi. Should a player miss the bus due to serving a detention, the student athlete will be suspended from that contest in addition to any subsequent game suspensions that result from the disciplinary action.
- g. **Lunch Detentions:**
 - i. Handled on an individual basis.
- h. **Saturday or Wednesday School:**
 - i. Students assigned to these disciplinary actions should expect at minimum additional team duties up to and including suspension from play.
- i. **ISD/SAP/OSS:**
 - i. Students assigned these disciplinary actions should expect to receive a minimum of a two-game suspension with consideration for removal from the team.
- j. **Emergency Removal/Permanent Exclusion/Expulsion:**
 - i. This disciplinary action will result in removal from the team.
 - ii. Underclassmen assigned to these disciplinary actions will not be permitted to try-out for the team in the following season.

5. ALCOHOL/TOBACCO/DRUGS:

- a. Being a successful athlete requires a healthy lifestyle.
- b. While there are many decisions that must become part of a healthy lifestyle including diet and rest, the most important is to avoid the use of tobacco, alcohol, and illegal drugs or anything related to the aforementioned.
- c. **The use of these items is absolutely prohibited.**
- d. The students in this program shall follow the district and Olentangy High School extracurricular activities substance guidelines 24 hours a day, seven days a week.
- e. Parents are urged to help with this policy.
- f. Follow Olentangy Athletic Department, Local School District, State, and Federal Laws regarding these substances.
- g. Players found in violation may be subject to further disciplinary measures by the coaching staff.

6. SOCIAL MEDIA:

- a. While social media is a large, positive part of our culture, it can also have a disruptive impact on young people. Participating in OHS Soccer is a privilege not a right. And that right will be revoked if social media is mishandled. Consequences determined by the coaches/athletic department.
- b. The following things are prohibited and will result in disciplinary actions:
 - i. Sexually, explicit, profane, lewd, indecent, or defamatory language
 - ii. Derogatory language regarding school personnel or other students
 - iii. Nude, sexually orientated, indecent images, or altered pictures will not be acceptable and is a violation of team policies
 - iv. Photos that suggest the student-athlete or his peers are engaging in substance abuse
- c. Players should be very cautious about what they post on social media and what their friends post about them.
- d. A post on social media is a public statement.
- e. Such statements and photos are reviewed by university admissions offices and intercollegiate coaches when determining who will join their university/program.

7. EFFORT AND DETERMINATION: PRACTICE AND GAMES:

- a. It is expected that players will give everything they have at every minute of every training session and game.
- b. It is understood that coaches and players will have off-days, but it also does not excuse the lack of effort by anyone.
- c. There is one simple rule to govern you for every minute of every practice and game:

DON'T LET YOUR TEAMMATES DOWN

- d. This translates to the following:
 - i. Be physically and mentally prepared to start practice and games at the designated start time.
 - ii. Steer yourself and teammates towards excellence.
 - iii. Give actionable feedback to your teammates.
 - iv. Give high levels of effort in all activities.
 - v. Be respectful of your coaches and teammates.
 - vi. Avoid actions that will distract from your teammates' physical and psychological development.
 - vii. Be engaged in the activities no matter your role.
 - viii. Be respectful of your opponents, opposing fans, opposing coaches, and officials.

8. PRACTICE ATTENDANCE:

- a. Practice is necessary for success; therefore, all players are required to be at every scheduled practice.
- b. If you are unable to attend you must notify one of the coaches directly at least 24 hours prior to the absence.
- c. Any unexcused absences will result in a loss of playing time.
- d. This action is designed not as a punishment for the absent player, but as an incentive for players in attendance.
- e. All players are expected to be warmed up and ready to practice at the start of practice, not starting to warm up at practice start time.
- f. Contact the coaching staff should be done via a phone call or parent square.

9. PRACTICE ATTIRE

- a. The players are required to be prepared in practice gear prior to the start of practice. Proper practice gear includes:
 - i. shin guards
 - ii. socks
 - iii. boot,
 - iv. Running shoes,
 - v. Field Players: Practice Shirt: 1st Day - Blue, 2nd Day - Yellow, 3rd Day - Gray
 - vi. black shorts
 - vii. Goalkeepers: 1st Day - Gray, 2nd Day - Blue, 3rd Day - Yellow
 - viii. keeper gloves
 - ix. cold weather gear, if needed.
- b. Prohibited from practice are the following:
 - i. hats (unless cold out),
 - ii. jewelry (earrings, rings, watches, necklaces, etc.).

10. TRAVEL POLICY

- a. All players are expected to be at the front of the school ready to board the bus at least 15 minutes prior to departure.
- b. Any player not ready to walk on the bus by departure time will be left behind and will not be permitted to participate in that evening's match.

11. GAME DAY ATTIRE

- a. Game day attire will be Olentangy Soccer Polo and khaki pants or shorts while traveling to matches.
- b. Players should also bring warm-ups, kits (home and away) or any other attire that has the Olentangy Soccer name or logo in addition to all necessary playing gear.
- c. Players should wear tennis shoes or sandals on the bus
- d. No Jewelry
- e. No Hats (unless cold out)

12. GAME DAY MANAGEMENT

- a. HOME:
 - i. **All** players should assist in the set-up and clean-up of the field and bench area for home matches. All goals and equipment should be removed from the field at the conclusion of each game day.
- b. AWAY:
 - i. **All** players should assist in the cleanup of sideline benches and field during away games.

13. GAME CONDUCT

- a. During all games, players will:
 - i. Respect all calls made by the officials
 - ii. Be positive toward teammates
 - iii. Be positive toward coaching decisions and feedback
 - iv. Be actively engaged in the contest even when not in the match
 - v. Refrain from heckling or misconduct towards opponents, coaches and fans.
 - vi. Failure to do so will result in an immediate removal from the game.
 - vii. The coaching staff will determine if any further disciplinary measures are warranted.
 - viii. All yellow and red cards will be dealt with on a case by case basis.

14. HOUSEKEEPING:

- a. If the coaching staff discovers players' equipment left on the field after a training session, the items will be collected for their safe return.
- b. However, a consequence will be charged to the player for the return of these items.
- c. The consequence will be 2 (two) 25/35 for each item left behind for each team involved
- d. All players should assist in the cleanup and organization of all equipment and facilities related to Olentangy Men's Soccer.
- e. Duties are not limited to freshman or underclassmen.

15. CURFEW

- a. Although the coaching staff has no control over the sleeping habits of the player, it is highly recommended that the player be in bed by 10 PM each night prior to a game or practice.
- b. Parents are asked to help with this policy. With the rigors of school, jobs and soccer, it is vital that players have adequate rest.

16. SPORTSMANSHIP, ETHICS & INTEGRITY

- a. Student athletes are expected to treat their opponents, the officials, the fans, and your team with respect.
- b. Even if an official does not see an unsportsmanlike act committed by a player in our program, the coaching staff will immediately remove the offending player from the game.
- c. In addition, when our team completes a great play or goal, celebrate in an appropriate fashion.
- d. Do this as a team and for each other, not as a means to show up the opposing team.
- e. Do the right thing all the time, even when no one is looking.

17. EQUIPMENT

- a. All members are responsible for collecting equipment during and after practice, regardless of grade.
- b. Program leaders should determine who is responsible for these duties, and should expect to participate in the post-practice clean-up.

18. PARENT CONDUCT:

- a. Parent/spectators play an important role in the program's reputation for sportsmanship.
- b. Athletes are friendly rivals as members for opposing athletic teams.
- c. It is important to embrace the following
 - i. Know and demonstrate the fundamentals of sportsmanship
 - ii. Respect, Cooperate, and respond enthusiastically to coaches and athletes of all teams.
 - iii. Keep fellow spectators accountable when behavior is inappropriate
 - iv. Be positive towards players and coaches regardless of the outcome of the contest
 - v. Respect the judgment and professionalism of the officials and coaches.
- d. Parents are to refrain from inappropriate behaviors:
 - i. Verbal/physical abuse of officials and coaches
 - ii. Berating players, coaches, or other spectators through chants, signs and/or cheers.
 - iii. Interruption of a contest by behaviors such as throwing objects on the layering area, entering the playing area and/or disruptive behavior.
- e. Parents should be encouraging and respectful of all student-athletes within the program. Encourage players to resolve conflicts with themselves.
- f. Parents should expect to contribute with their time to better the program, and to provide assistance as the coaches and boosters see fit.
- g. Parents are expected to help with fundraising efforts as Olentangy Men's Soccer Booster Club sees fit.



Olentangy Men's Soccer Program Team Rules 2026

Signature and Acknowledgement Page

Coach Vazquez has reviewed the Olentangy Men's Soccer Program Team Rules with me and I understand them fully. I will abide by these rules and I understand the penalties for each infraction. I also understand that I will not be able to participate without a signature below indicating that I will abide by the rules as outlined herein:

Print ATHLETES Name

Date

ATHLETES Signature

Print PARENTS/GUARDIAN Name

Date

PARENTS/GUARDIAN Signature

Print COACHES Name

Date

COACHES Signature

Expectations of Players

It is very important to understand that there are four basic traits that each player must have to be a part of the Men's Soccer Program. These are traits that almost every coach will have for players, but it is important to explain so that the players know the expectations of the coaching staff.

1. **Work Ethic:** One of the key phrases you will hear from every player and coach is **Earned, Not Given**. Each player is expected to give 100% of their ability 100% of the time. As a player you need to be working as hard as you can, for as long as you can, every day. This is the only way for you to improve, for us to be able to assess your abilities in relation to the needs of the team, and the only way the team can perform at its best every single day.
2. **Commitment:** You must be committed to the team, your academics, and your personal relationship with the ball to develop every day. You show commitment to the team by making decisions that will allow you to be at your best, take care of your body, and make good decisions. You buy into the team concept and philosophy and are committed to being the best you can be within the system the team plays. You stay positive with your teammates and coaches. You are a coffee bean, and give energy to those around you instead of taking it away.
3. **Dedication:** Be dedicated to your team and school at all times. Not every soccer player gets to represent Olentangy, wear the uniform with pride, and remember the legacy of those that came before you, and pave the way for those that will come after.
4. **Resilience:** We are all going to have great days, and days that we are feeling a little off. Being resilient and attacking each day with your best will give you the best opportunity to get 1% better each day. Compounding those returns over the course of the year will allow you to be a better player at the end of the season than what you started at.

How do I get to play for four years?

The four criteria (Work Ethic, commitment, Dedication, Resilience) on the previous page determine which players get to stay within the program and which players may be released. Decisions that the coaching staff make are based on the needs of the team and the individual's character within the four traits as outlined above as well as their game understanding, technical ability, and soccer fitness. Here is how that translates to your effort during the summer.

1. Participating in summer training events to the best of their ability. When we are missing events, communicate that to the coaching staff via Parent Square and on the Program Website. Summer calendar is outlined on the next page, this is subject to change; it will be loaded into parentsquare, any adjustments will be via parent square.
 - a. Strength Training:
 - i. The Olentangy High School Athletic Program has a tremendous strength training staff via a partnership with The Ohio State University.
 - ii. The strength trainers are professionals in their field and are well versed in high school student athlete strength training.
 - iii. *It is an expectation of the Olentangy Men's Soccer Program that aspiring players attend strength training sessions specifically reserved for Men's Soccer in the weight room.*
 - iv. Strength training will take place from November 17th through August 1st.
 - b. Team Camp:
 - i. All players trying out are expected to attend the team camp.
 - ii. OHS team camp: June 22-25 (Free)
 - iii. Otterbein team Camp: July 7-10 (\$120)
 - c. Youth Camp:
 - i. All returning varsity soccer players are expected to assist the youth camp.
 - d. Summer Conditioning:
 - i. The coaching staff values and realizes the importance of physical fitness and conditioning for the wellbeing and safety of the players.
 - ii. The game of soccer demands that a player have a high level of fitness. In particular, requiring tremendous endurance on the part of the player to perform and succeed at the high school level.
 - iii. Therefore, players who meet team fitness standards enhance their chances of playing at a higher level or in a match.
 - iv. This being said, high marks in physical fitness testing does not guarantee playing time and will not guarantee placement on Varsity.
 - v. Summer sessions are not mandatory but are highly important in group development as we work towards team synergy.
 - vi. Further, this provides additional opportunity for the player to be seen by the coaching staff.
 - vii. Players are being evaluated and identified throughout the Summer, starting with their first contact with the coaching staff that season.

2. Team Selection:

- a. Players are consistently being evaluated throughout the summer, and at all contacts points with the coaching staff.
- b. Our evaluations assess the following:
 - i. Game Understanding
 - ii. Technical Ability
 - iii. Soccer Fitness
 - iv. Character
- c. Players that demonstrate high levels of the above throughout the tryout process, will be selected.
- d. Team selections and placements are made by the coaching staff
- e. This process is not taken lightly, and the coaching staff makes team selections based on what they believe is in the best interest of the soccer program now and in the future.
- f. Players are eligible to be selected for the following teams based on grade:
 - i. Freshman: Freshman Team (JVB)
 - ii. Sophomore: Varsity and JVA
 - iii. Junior: Varsity and JVA
 - iv. Senior: Varsity
- g. Team selections may vary from year to year, because you made one team, for one season, is not a guarantee that you will be given a place in the same team the next year. Players need to work in the offseason to be selected for the following season.

2026 Summer Schedule

6/1: Conditioning @ OHS Turf Field - 9:00 - 10:30 AM
6/2: Open Fields @ OHS Grass 9:00 - 10:15AM | Strength @ OHS Gym 10:30 - 11:30 AM | *
6/3: Conditioning @ OHS Turf Fields - 9:00 - 10:30 AM
6/4: Open Fields @ OHS Grass 9:00 - 10:15AM | Strength @ OHS Gym 10:30 - 11:30 AM | *
6/5: OFF
6/6: OFF
6/7: OFF
6/8: Conditioning @ OHS Turf Fields - 9:00 - 10:30 AM
6/9: Open Fields @ OHS Grass 9:00 - 10:15 AM | Strength @ OHS Gym 10:30 - 11:30 AM | *
6/10: Conditioning @ OHS Turf Fields - 9:00 - 10:30 AM
6/11: Open Fields @ OHS Grass 9:00 - 10:15 AM | Strength @ OHS Gym 10:30 - 11:30 AM | *
6/12: OFF
6/13: OFF
6/14: OFF
6/15: Conditioning @ OHS Turf Fields - 9:00 - 10:30 AM
6/16: Open Fields @ OHS Grass 9:00 - 10:15 AM | Strength @ OHS Gym 10:30 - 11:30 AM | *
6/17: Conditioning @ OHS Turf Fields - 9:00 - 10:30 AM
6/18: Open Fields @ OHS Grass 9:00 - 10:15 AM | Strength @ OHS Gym 10:30 - 11:30 AM | *
6/19: OFF
6/20: OFF
6/21: OFF
6/22: Team Camp @ OHS Grass Fields 9:00 AM - 12:00 PM
6/23: Team Camp @ OHS Grass Fields 9:00 AM - 12:00 PM
6/24: Team Camp @ OHS Grass Fields 9:00 AM - 12:00 PM
6/25: Team Camp @ OHS Grass Fields 9:00 AM - 12:00 PM
6/26: OFF
6/27: OFF
6/28: OFF
6/29: Summer Practice @ OHS Grass Fields 9:00 AM - 11:00 AM
6/30: Open Fields @ OHS Grass 9:00 - 10:15 AM | Strength @ OHS Gym 10:30 - 11:30 AM | *

* - Freshman Practice - 5:00 - 7:00 PM Tuesday/Thursday's

7/1: Summer Practice @ OHS Grass Fields 9:00 AM - 11:00 AM
 7/2: Open Fields @ OHS Grass 9:00 - 10:15 AM | Strength @ OHS Gym 10:30 - 11:30 AM | *
 7/3: OFF
 7/4: OFF
 7/5: OFF
 7/6: OFF
 7/7: Otterbein Team Camp @ OHS Grass Fields 5:00 - 7:00 PM
 7/8: Otterbein Team Camp @ OHS Grass Fields 5:00 - 7:00 PM
 7/9: Otterbein Team Camp @ OHS Grass Fields 5:00 - 7:00 PM
 7/10: Otterbein Team Camp @ OHS Grass Fields 5:00 - 7:00 PM
 7/11: OFF
 7/12: OFF
 7/13: Summer Practice @ OHS Grass Fields 9:00 AM - 11:00 AM
 7/14: Open Fields @ OHS Grass 9:00 - 10:15 AM | Strength @ OHS Gym 10:30 - 11:30 AM | *
 7/15: Summer Practice @ OHS Grass Fields 9:00 AM - 11:00 AM
 7/16: Open Fields @ OHS Grass 9:00 - 10:15 AM | Strength @ OHS Gym 10:30 - 11:30 AM | *
 7/17: OFF
 7/18: OFF
 7/19: OFF
 7/20: Summer Practice @ OHS Grass Fields 9:00 AM - 11:00 AM
 7/21: Open Fields @ OHS Grass 9:00 - 10:15 AM | Strength @ OHS Gym 10:30 - 11:30 AM | *
 7/22: Summer Practice @ OHS Grass Fields 9:00 AM - 11:00 AM | OHS Night @ Columbus Crew vs. NYCFC
 7/23: Open Fields @ OHS Grass 9:00 - 10:15 AM | Strength @ OHS Gym 10:30 - 11:30 AM | *
 7/24: Jerome Showcase @ Dublin Jerome (Games All Day)
 7/25: Jerome Showcase @ Dublin Jerome (Games All Day)
 7/26: OFF
 7/27: Summer Practice 9:00 AM - 12:00 AM
 7/28: Summer Practice 9:00 AM - 12:00 AM
 7/29: Summer Practice 9:00 AM - 12:00 AM
 7/30: Summer Practice 9:00 AM - 12:00 AM
 7/31: Summer Practice 9:00 AM - 12:00 AM
 8/1: Soccer Tryouts 9:00 AM - 12:00 AM

*- Freshman Practice - 5:00 - 7:00 PM Tuesday/Thursday's

2026 Regular Season Schedule

Varsity/JVA Game Schedule:

Scrimmages:

8/4: @ Westerville Central 5:15/7:00 PM

8/6: vs. Granville 5:15/7:15 PM

8/8: @ Walsh Jesuit 3:00/5:00 PM

8/10: Alumni Game 7:00 PM

Regular Season:

8/18: @ St. Charles 5:15/7:15 PM

8/22: vs. Dublin Coffman 5:00/7:00 PM

8/25: Central Crossing 5:15/7:15 PM

8/27: Big Walnut 5:15/7:15 PM

9/1: @ Olentangy Liberty 5:15/7:15 PM

9/3: vs Gahanna Lincoln 5:15/7:15 PM

9/8: @ Thomas Worthington 5:30/7:15 PM

9/10: @ Pickerington North 5:15/7:15

9/13: vs. Medina @ Scotts Field 6:30 PM

9/15: vs. Marysville 5:15/7:15 PM

9/19: vs. Olentangy Orange 5:00/7:00 PM

9/22: @ Hillard Darby 5:30/7:00 PM

9/26: @ Bishop Watterson 2:00/4:00 PM

9/29: vs. Dublin Jerome 5:15/7:15 PM

10/3: vs. St. Ignatius 11:00 AM/1:00 PM

10/6: @ Olentangy Berlin 5:30/7:15 PM

10/8: @ Worthington Kilbourne 5:15/7:15 PM

JVB Game Schedule:

Scrimmages:

8/4: @ Westerville Central 5:30 PM

8/6: TBA

8/8: @ Walsh Jesuit 3:00

8/10: JVA vs. JVB 6:00 PM

Regular Season:

8/17: vs. St. Charles 5:30 PM

8/22: vs. Dublin Coffman 3:00 PM

8/26: Worthington Kilbourne 5:30 PM

8/31: @ Olentangy Liberty 5:30 PM

9/2: vs. Gahanna Lincoln 5:30 PM

9/8: @ Thomas Worthington 5:30 PM

9/9: @ Pickerington North 5:30 PM

9/12: TBA

9/14: vs. Marysville 5:30 PM

9/16: @ TBA

9/19: vs. Olentangy Orange 3:00 PM

9/21: @ TBA

9/28: vs. Dublin Jerome 5:30 PM

9/30: @ St. Charles 7:00 PM

10/3: vs. St. Ignatius 11:00 AM

10/5: @ Olentangy Berlin 5:30 PM

10/7: @ Worthington Kilbourne 5:30 PM

Nutrition & Recovery

1. Soccer is a high-intensity, intermittent sport that demands endurance, speed, agility, and strength. Proper nutrition plays a key role in:
 - a. Refueling energy stores
 - b. Repairing muscle tissue
 - c. Supporting immune function
 - d. Enhancing performance and reducing injury risk
2. Core Nutrition Principles for Soccer Players
 - a. Macronutrients are the building blocks of athletic fuel:
 - i. Carbohydrates – Main energy source for practices and games
 1. Examples: Rice, pasta, oatmeal, fruit, potatoes, whole grain bread
 - ii. Protein – Repairs and builds muscles after workouts
 1. Examples: Chicken, eggs, Greek yogurt, turkey, tofu, fish
 - iii. Fats – Supports hormones & long-term energy
 1. Examples: Avocado, nuts, olive oil, peanut butter, seed
3. Timing of Meals Around Soccer
 - a. Pre-Practice/Game (2–3 hours before)
 - i. Goal: Provide fuel and hydration
 - ii. High in carbs, moderate in protein, low in fat and fiber
 - iii. Example: Chicken sandwich, fruit, water
 - iv. Light snack 30–60 min before: banana, granola bar, or small smoothie
 - b. During Exercise
 - i. Sip water every 15–20 minutes
 - ii. Use sports drinks (like Gatorade or BodyArmor) if training exceeds 90 minutes or in hot weather
 - c. Post-Exercise (within 30–60 minutes)
 - i. Goal: Replenish energy and begin muscle repair
 - ii. Combine carbs and protein (3:1 or 4:1 ratio)
 - iii. Examples:
 1. Chocolate milk
 2. Turkey sandwich and orange juice
 3. Smoothie with banana, Greek yogurt, and berries
 4. Rice bowl with eggs and veggies
4. Hydration Guidelines
 - a. Proper hydration is essential for:
 - i. Regulating body temperature
 - ii. Preventing cramps
 - iii. Improving reaction time and focus
 - b. Suggested intake:
 - i. Morning: 16–24 oz upon waking
 - ii. Before practice: 12–16 oz 1–2 hrs before
 - iii. During: 4–8 oz every 15–20 mins
 - iv. After: 24 oz for every pound lost via sweat
 - c. Tip: Monitor urine color—light lemonade = hydrated, dark yellow = dehydrated
5. Sample Game Day Plan
 - a. 7:00 AM – Breakfast: Scrambled eggs, toast with jelly, orange slices, water
 - b. 10:00 AM – Snack: Banana + granola bar + water
 - c. 12:00 PM – Lunch: Chicken burrito bowl + water
 - d. 3:30 PM – Snack: Fruit cup + sports drink
 - e. 5:30 PM – Game time!
 - f. 6:30 PM – Post-game: Chocolate milk + sandwich or rice + lean protein + fruit

Evening – Dinner: Carbs, protein, vegetables + water/electrolyte

6. Recovery Checklist (Post-Practice/Game)
 - a. Rehydrate: Drink 24 oz of fluids within an hour
 - b. Refuel: Eat carbs and protein within 30–60 minutes
 - c. Stretch and foam roll key areas
 - d. Sleep 8–10 hours per night
 - e. Eat well on rest days for continued recovery
7. Smart Recovery Snacks (Easy Ideas)
 - a. Chocolate milk + pretzels
 - b. Smoothie (banana, whey protein, almond milk)
 - c. Peanut butter + jelly sandwich
 - d. Rice + scrambled eggs
 - e. Yogurt + fruit + granola
 - f. Chicken quesadilla + water
8. Final Tips for Athletes
 - a. Don't skip meals—fuel consistently throughout the day
 - b. Keep snacks in your bag: nuts, bars, dried fruit
 - c. Prioritize real food and hydrate throughout the day
 - d. Limit sugary drinks and avoid energy drinks
 - e. Sports drinks only when needed (high sweat, long practice)
9. Recovery Tips: Key areas: Nutrition, Hydration, Sleep and Rest, Relaxation and emotional status, Stretching and Cool Down
 - a. Nutrition
 - i. Eating a full and balanced meal
 1. Breakfast
 2. Lunch
 3. Dinner
 4. Pre-Workout Snack
 5. Post-Exercise Carb Refueling within 60 minutes (recommended: 1.0-1.5 per every 2lbs of body weight)
 - b. Hydration
 - i. Clear or light colored urine
 1. Pre-Exercise
 2. Post Exercise
 - c. Sleep and Rest
 - i. 8 hours of restful sleep
 - ii. Nap during the day
 - d. Relaxation and emotional status
 - i. Fill relaxed 60 minutes post-workout or 30 minutes of feet up relaxation post workout
 - ii. No daily psycho-social stress
 - e. Stretching and Cool Down
 - i. Adequate cool down after exercise
 - ii. Stretching for at least 10 minutes

Program Highlights and Updates

ScottsMiracle-Gro Field:

We have an opportunity to play at the home of the Columbus Crew against district champions Medina High School. We are excited to play, and for the experience the players are going to have. In addition, we are planning a team outing for the July 22nd game between the Columbus Crew and New York City Futbol Club. We are looking forward to a great event and experience.

OYAA Community Service Day:

This past season we started a partnership with OYAA to give back to young players within our soccer community. We hope to be able to expand this program this coming season and to have more opportunities to make an impact!

Leadership Council:

We are looking forward to improving our leadership council experience for the upcoming season. Applications for returning players are currently open, and we encourage players to express their interest in getting into a position. The coming year, we will be more focused on having regular touchpoints throughout the off-season and in-season. Projects that the leadership council will be responsible for include: Program Bounding, Community Service, Special Events, Team Posters, Alumni Game, Teamwear, and Team Goals. These players will be active in providing additional support and guidance of the whole program to improve and leave a lasting legacy for future Braves to be a part of.

Mentorship Program:

This season we will incorporate a mentorship program with returning players teaching the incoming freshman the culture and norms of the program. This includes anything a new player should know, and things that the returning player wishes they knew when they entered the program. This will start in late February - early March to ensure that incoming freshmen have opportunities to get into the weightroom and start to prepare for the upcoming season.

Fundraising (Plans and Requirements):

Olentangy high school student athletes are asked to actively participate in fundraising activities in order to enhance the overall athletic experience for our athletes. It is your responsibility as a student-athlete to be an active participant in fundraising efforts for the soccer program and athletic department.

Style of Play

The style of play at Olentangy High School will be one that focuses on attacking possession play. This style involves quick ball movement that conditions players to look forward in an attacking fashion. The ambition will be to play and possess the ball as much as possible in the opponents half of the field.

Goal Setting and Reflection

Goal setting and reflection is important to help each individual player improve their abilities and to learn how to work towards a goal. There are different ways to map out goals and break them down into small pieces to measure movement towards that goal.

1. BIG GOAL: What is the big accomplishment that you want to achieve over the next 3-4 years?

2. What is the intermediary step towards that goal? What do you want to accomplish in the next 6-12 Months to achieve your Big Goal?

3. What can you do this month to achieve your goal?

4. What can you do this week to achieve your goal?

5. What can you do today to achieve your goal?

Utilizing the SMART goal structure to give more meaning to the goals that we are discussing.

Specific: Create a goal that you know if you are able to measure success

Measureable: Quantitative data assists in being able to measure the goal and success or failure

Achievable: You need to be able to reach the Stated goal.

Relevant: The goals must be relevant to the situation.

Time Sensitive: The player must set a time stamp. We will talk about goals over the course of a season. (3-6 months)

For returning players; we will meet individually to set goals for the upcoming season in early June after open fields or conditioning.

Each player will need to do a self-evaluation prior to the meeting with the coaching staff to assess their current needs and areas for development to be able to achieve their goal for the upcoming season.

The process will consist of the following steps:

The evaluation: The player and coach each evaluate the player. The player will not get better if they don't know where they really are as a soccer player.

Statement of goals: After the self-evaluation, the player sets goals based on the strengths and weaknesses as discovered in the evaluation.

Written agreement between the player and coach: The coaches will help to refine the goals and make sure they are reachable for the player. Both the coach and player will write down the goals and sign the document.

Develop a plan of action: There must be a plan to get there.

Performance appraisal: The coach and player monitor the progress to see if the player is on the right track. If not, adjustments can be made to the goal(s)/plans.

Appraisal interview: After the season, the coach and player will meet to assess if the goals were achieved, why or why not?

Mentorship Program

Returning players will be assigned an incoming freshman to mentor and teach how we do things within the Olentangy Men's Soccer program. Returning players will make sure that our incoming freshmen understand the norms and culture of the men's soccer program.

Below are the assignments for the Program:

Big Brother	Little Brother
Max Whalen Matthew Coy	Owen Alnadi Joshua David Pareshaa Sathiyararayana William Dunaway Flynn Olcott Sami Kuru
Aiden Cuda Brody Billiter	Owyn Reeves William Alonso Ravi Kotha Muhammad Shoaib Nathaniel Asare Alkhatab Alhayali
Jaxson Clark Owen Paik	Collin Ward Issac Gil Ryan Sadhu Luke Wylie Chase Rabin Mohammed Darwish
Myles Colucci-Hayes Brady Rabin	Andrew Walker Aiden Huff AJ McWilliams Liam Herchenroether Julian Ross Adithy Venkatesh
Logan Fisher Jack Oyer	Eli Hance Greyson Orton Brennan Paik Bennet McCutcheon Nathaniel Asare Luke Wylie
Hudson Denlinger Owen Hanlon	Terry Welsh Xavier Carlson Hudson Pratt Jack Buerk Shrihan Koppuravuri James Hays Dharmik Kalluri