STORM SOCCER

Girl’s Varsity

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**Skyview Soccer Parents and Players,**

I hope you have been enjoying the last few days of summer vacation, and are ready for the school year to begin! I was happy to see so many eager faces at tryouts and I’m excited to work with such dedicated athletes! Usually the first question parents ask is, “Who is the coach?”

I am a Skyview graduate (Class of 2000!) and four-year varsity athlete in both soccer and track and field. I went to Columbia River freshman year and was shifted when Skyview opened. I competed varsity at River as a sophomore since Skyview had no varsity sports, all while attending Skyview as a student and feeling a bit like a “traitor” to the school. Junior and senior year were full of establishing traditions and a solid foundation for what is now an amazing Storm Soccer program! Over time those traditions have faded out, but my roots, blood, sweat, and tears are still deeply imbedded into our field. Post high school, I attended Whitworth University where I majored in Athletic Training and Secondary Health and Fitness. I made it through four more years of soccer and two more years of track and field (struggling through injuries the majority of the time.) My teaching career started in Spokane where I taught Health, Athletic Training, and PE. I was also the Athletic Trainer after school. I spent nearly five years in Spokane, and then decided to move back “home” to take a job at Fort Vancouver High School in the Medical Arts Magnet. I spent six years there, also working as an Athletic Trainer and I started my soccer coaching career as the Head Girls Soccer Coach for two years. A break from coaching was then in order, as I had my two beautiful children. In 2016 (after being out on family leave all year due to critical illness with my youngest) I decided to take advantage of a job opening that would bring me right back where I started from, and I am once again proud to represent Storm Soccer in my third year of coaching.

On the next page, you will find important information pertaining to the season. Please feel free to contact me with any questions or concerns, and thanks for sharing your daughter(s) with me!

Sincerely,

Erika McManus

**COACHING PHILOSOPHY**

I believe each athlete will reach their fullest potential through integrity, trust, excellence leadership, and love. Each player is an essential part of the team, and it is my responsibility to nurture this understanding toward building the strongest team possible.

* ***Integrity*** The team before the self. Being selfless during play, not seeking individual notoriety. Having the motivation to play and giving your best physically and mentally, every single day in order to achieve greatness. Holding yourself accountable, not taking shortcuts in academics or practice. Thinking about how your actions affect others.
* ***Trust*** Fulfilling all commitment in school, soccer, and life. Arriving at practice and games ready to play, and communicating with others both on and off the field in a positive manner. Supporting others and your school both on and off the field.
* ***Excellence*** Being focused and doing all things at 100%: school, home, and on the field.Mental focus: leaving your “stuff” off the field so you can enjoy the game. Goal setting: creating measurable short-term and long-term goals throughout the season.
* ***Leadership*** Be a person who helps find the best in others. These people help others recognize their full potential. Student-athlete means academics first. Represent your school & continue to improve your skills. Push yourself and others in a positive way.
* ***Love*** An atmosphere of love is one where each athlete can trust any player anywhere.

*Love yourself.* Each day find 2 areas of awesome for each area of awful.

*Love your team.* Check in to see how everyone is doing at all times.

*Love the game.*  Have fun doing what you love.



**GOALS FOR PLAYERS**

*(These will be established together as a team with support from the coaching staff.)*

**EXPECTATIONS for PLAYERS**

* Pass all classes. Make use of Storm Time and don’t be afraid to ask for help.
* Plays with intent. Has a desire for improvement, making all practices meaningful.
* Open and honest communication with me as well as the team. (No Drama!)
* Respects ALL players, adults, and staff inside and outside the school and the season.
* Support each other by attending games together, etc.
* Is fully prepared with equipment and on time to every practice and game.
* Shows positive leadership and dedication.
* Abstains from partaking in any behavior that violates school and community rules.
* Conducts herself in an appropriate manner, as each individual is a reflection of her team.

**EXPECTATIONS for PARENTS**

* Have fun! Support your child. Cheer them on and have a good time.
* Have realistic expectations for your child.
* Don’t be late. We have families as well that need our time and energy.
* Let the coaches coach.
* Support the staff. We are together for the season working towards a common goal.
* Be positive! Don’t argue or make negative comments to other parents, coaches, or officials. Especially in front of the players.
* Use positive communication with me. I can be reached through email/school phone. I’ll discuss concerns regarding **your child only**. I will not discuss strategic/tactical decisions, team selection, etc.

**EXPECTATIONS for COACH**

* I will help kids build character and embrace a life-long love of the game.
* I will treat your child with fairness, firmness, and respect.
* I will be to games and practices on time and prepared to coach.
* I will never degrade your child, and will praise good intense play.
* I will enforce zero tolerance for bullying, hazing, or inappropriate behavior. (This includes social media and group messaging, etc.)
* I will continue to grow, develop, and reeducate myself throughout the season.
* I will have fun and share in the excitement of wins and the heartache of losses.



**STUDENT-athlete**

Every player is a **STUDENT-athlete** because they are students first and athletes second. Being a part of an extracurricular athletic team is a privilege, and I expect my players know the consequences of underachievement in school. **Poor academic performance will result in loss of playing time.** There are no exceptions. **Integrity: team before the self** includes academics. If you are not performing academically, you are not playing, therefore hurting your team.

**ATTENDANCE**

In order for a team to run an effective practice, all members must be present. All players must be on time and ready to go, every practice. Absenteeism and tardiness will be dealt with on an individual basis between the player and coaching staff based on the circumstance. Except for an occasional “unavoidable circumstance” a player or parent should notify coach in advance of any potential days where a player will be late or have to miss practice. Missed practices will likely have an effect on playing time.

**PRACTICE TIMES**

2:45 – 4:45 (Check the website for updates.)

**INJURIES**

When a sports injury occurs, it’s imperative to quickly seek proper treatment. To ensure the best possible recovery, athletes, coaches, and parents must follow safe guidelines for returning to the game. An athlete must be cleared by a physician licensed to perform physical examinations as outlined in WIAA rule 17.11.0. If a student is injured, they should still participate in practice by showing up on time every day to each practice. Concussions will be dealt with separately with a “When in doubt, sit them out” strategy to avoid serious head injuries. Any athlete with a concussion will be guided through a return to play protocol and must pass the ImPACT post test before returning to full contact.

**TRANSPORTATION**

Occasionally we will have a bus to away games, but with no return bus. We will take a bus (with a return bus) for long trips.

**PLAYING TIME / POSITION ASSIGNMENTS**

The players have already been notified that playing time is earned, and to expect and accept movement between teams. Any movement to JV or C should be recognized as an opportunity to get playing time and help our team be successful. Any movement to Varsity should be seen as an opportunity to observe and gain skills at a more advanced level. Our goal as a program is to help every player achieve realistic goals. In order to accomplish that, there must be movement and continuous competition to help each other become better players.

**UNIFORMS**

Each student will be issued a uniform that they will need to take care of. They cannot wear these uniforms outside of actual game play unless otherwise asked to. Each family is responsible for purchasing 1 pair of solid white socks and 1 pair of solid navy socks. Socks may have one small emblem on the front. For example, Nike Swoosh.