

Players Manual



Exceptional Character, Exceptional Circumstances,
Exceptional Performance



Dear Parents and Players,

My name is Scott Conzemius and I am the varsity coach. I have been the head coach of the soccer program since 2008 and I am truly grateful to be your child's coach this year. Further, I am pleased to welcome back my amazing coaching staff in Adam Gigous as the varsity assistant, Paul Castro as the JV head coach, and Kjetil Garvin as the JV assistant coach.

The following information below is for the parent(s)/guardian(s) and player to read and sign the *Player & Parent/Guarding contract at the end of this section. The back sheet must be signed and delivered to coach Conzemius before the start of the second practice. Any player who does not have all the proper paperwork completed (school and team) will risk losing practice and playing time.*

A. Coaching Philosophy: The goal of this program is to develop confident young men who expect success on and off the field.

B. Non-Negotiables

- 1) Positive Behavior: Do nothing that negatively impacts the team
 - i. Communication
 - ii. Attitude
- 2) No Vulgarly
- 3) Everyone participates in fun and dirty work

C. Standards:

- 1) **Attendance**
 - Attendance is mandatory. A player must notify the proper coach (Coaches will not accept a phone call or email from a parent for a planned absence) of any absence, including missing school from illness, prior to the start of practice
- 2) **Proper Equipment**
 - Soccer socks, athletic shorts, shin guards, cleats
 - At Practice, school color t-shirts only_(White, grey, gold, or black)
- 3) **Electronic Devices**
 - No cell phones on the field or on the bench (game/practice)
- 4) **Treat all people and environments with respect**
 - Game and school officials
 - Keep all fields and benches clean (home or away)

****Violating team expectations may result in team discipline, including losing playing time, suspension, or removal from the team**

D. Contact Information:

Varsity Coach: Scott Conzemius
Cell Phone: 608-397-7627
School Phone: 608-374-7972
Email: scottconzemius@tomah.education

Junior Varsity Coach: Paul Castro
Cell Phone: 608-487-3138
Email: Polcho777@gmail.com

Varsity Assistant: Adam Gigous
Cell Phone: 608-343-3103
Email: argigous@gmail.com

Junior Varsity: Kjetil Garvin
Cell Phone: 608-434-3707
Email: garvinkj@gmail.com

Communication:

1. **Remind App:** I will share all team information through this app

Class Name: Tomah HS Men's Soccer *Class Code:* tomahhs

2. **Instagram:** Geared towards the players/students. Provide a social media presence for the team.

Handle: @twolf_soccer

3. **Facebook:** A group for parents to communicate

Group Name: Tomah High School Men's Soccer

Exceptional Character

Alpha – Success takes leadership, which comes in two forms:

1. Every program needs leaders, individuals who will personify the character traits of excellence in their on and off the field behavior. They are outspoken and have a desire to make those around them better.

Core Values:

1. Alpha (leader/leadership)
2. Pack/Unity (quality teammate)
3. Pursuit (striving for excellence)
4. Strength (mentally)
5. Fight (Competitor)
6. Physicality
7. Game Intelligence

Non-Negotiables:

1. Timeliness
2. Positive Language

2. Success also takes *leadership*. An organization will not survive if everyone tries to lead. However, every person on the team must practice *leadership*. Without those individuals who quietly model the behaviors of success through consistent hard work and determination, success is impossible.

Qualities of a Team Captain

- Becoming a team captain is an extra responsibility and requires a certain set of skills. A captain does not need to possess every trait of a leader, but should have a strong ability in some of the traits listed below:

~ Communicates
~ Compassionate
~ Committed
~ Competitive
~ Confident

~ Goal Oriented
~ Honest
~ Inspirational/
Motivating
~ Leader

~ Positive
~ Relatable
~ Skilled
~ Supportive
~ Trustworthy

Exceptional Circumstances

Pack – The strength of the program is *unity*. We all must work in the same direction, with the same outrageous goals. By becoming the best me, I make the team stronger, and a stronger team means we can dare for mountain top success.

1. **Outrageous Goals:** Simple goals lead to simple outcomes, while outrageous goals lead to outrageous outcomes. Winning alone is not a worthy endeavor. The only way to achieve worthy endeavors is through setting outrageous goals, and outrageous goals only achievable with a combined relentless effort.
2. **A Better Me, A Better We:** Individual effort alone cannot achieve team success, but team success is dependent on the individual. A teammate shows unity through pursuit of a better skilled, athletic, and mental self.

Roles – Strength of the Pack is in the Wolf. The strength of the wolf is in the pack

1. **Starters** – start in games, play in the biggest moments, take on the most game responsibilities
2. **Reserves** – relieve starters, push starters to perform better by being prepared to replace or take over their position
3. **Bench** – support the team by being ready to play when called upon, push starters and reserves for their positions, actively watch the game, and communicate with players about what you see
4. **JV Team** – Learn team strategies and improve skill and ability to be prepared to play varsity
 - a. Starter, Reserves, and Bench roles apply to JV squad as well

Ranking system:

1. **Bench Player:** Unable to or weak ability to perform the core skill(s) and/or value(s)
2. **JV Player:** Ability to perform core skill/value is emerging or developing
3. **Reserve Player:** Ability to perform the core skill/value is developed, but lacks consistency and/or accuracy
4. **Varsity Starter:** Ability to perform the core skill/value proficiently with speed and or accuracy
5. **Collegiate Prepared:** Exceptional ability to perform the given core skill/value with speed, accuracy, and consistency

Exceptional Performances

Pursuit – Skill and talent alone do not determine success. Only perfect unrelenting effort makes one grow to levels never thought possible before. The only thing an individual can control are attitude and effort. By choosing to have a positive attitude and perfect effort, one chooses to be the best individual he/she can be. Better people make better Timberwolves!

Pursuit in Action: Although skill does not guarantee success, skill does determine success. Performing at a high level requires high levels of skill and confidence. Therefore, the more prepared an athlete is, the more confidence the athlete will have in pressure situation. As such, an athlete who seeks success must prepare for it by honing his or her physical abilities and skills.

The Strive for Excellence: The skills and abilities every soccer player should strive for excellence in.

Essential Skills:

1. First Touch
2. Passing (Tight vs Loose)
3. Decision Making
 - a. Positional Knowledge
 - b. Tactical Knowledge
4. Manipulate Space
 - a. Positional Movement
 - b. 1v1 technique
 - c. Finishing technique

A Better ME		A Better We	
My Skill		Our Ability to Execute	
My Attitude		Our Response to Exceptional Circumstances	
My Leadership		Our Ability to Accomplish a Common Goal	

Varsity Letter Criteria:

- ~ **Non-negotiable criteria:** Complete the season in good standing
- ~ **Other Criteria:**
 - 1) Play in a minimum of half of the varsity games
 - 2) Start a minimum of 1/3 of the regular season games
 - 3) Achieve a significant statistical contribution (game winning goals or saves, statistical milestones: goals, assists, defensive blocks, save percentage, etc.)
 - 4) Player who makes a significant contribution/impact for the team
 - i. Determined by the head coach and/or coaching staff
- ~ **Criteria that could prevent Lettering:**
 - 1) Grade point average below 1.75
 - 2) Conduct Unbecoming of an Athlete
 - i. Disciplinary actions, criminal actions, academic violations, or any miscellaneous actions that are detrimental to the team, school, or community
 - 3) Poor attendance
 - 4) Poor or Negative attitude (as determined by the Head Coach and/or Coaching staff)

THS Men's Soccer

August 2023

		1	2	3	4	5
6	7	8	9	10	11	12
13	<p>14 AM – 8:00-10:00 @ HS</p> <p>PM – 5:00-7:30 @ ET Fields</p>	<p>15 PM – 5:00-7:30 @ ET Fields</p>	<p>16 AM – 8:00-10:00 @ HS</p> <p>PM – 5:00-7:30 @ ET Fields</p>	<p>17 PM – 5:00-7:30 @ ET Fields</p>	<p>18 AM – 8:00-10:00 @ HS</p> <p>PM – 4:00-5:30</p>	<p>19 Alumni Game (Var only)</p> <p>Warm-up – 4:30 PM Game – 5:30pm</p>
20	<p>21 Practice: 4-6 pm</p>	<p>22 @ New Richmond Var – 1:30 pm</p>	<p>23 Practice: 4-6 pm</p>	<p>24 Practice: 4-6 pm</p>	<p>25 Practice: 4-6 pm</p>	<p>26 Tri/Quad @ Tomah</p> <p>Var – TBD</p>
27	<p>28 Practice: 4-6 pm</p>	<p>29 vs Aquinas Var – 4:00 pm JV – 5:45 pm</p>	<p>30 Practice: 4-6 pm</p>	<p>31 @ Holmen Var – 4:00 pm JV – 5:45 pm</p>		

- ❖ All home games for Varsity and JV will be played at Veterans Park
- ❖ All Practices will be at Tomah Soccer Complex, unless specified differently

THS Men's Soccer

September 2023

					1 Practice: 4-6 pm	2
3	4 Practice: 4-6 pm	5 vs Logan Var – 4:00 pm JV – 5:45 pm <i>Parents Night</i>	6 Practice: 4-6 pm	7 @ Sparta JV – 5:30 pm Var – 7:30 pm	8 Practice: 4-6 pm	9 vs Baraboo Var – 11:00 am JV – 1:00 pm
10	11 Practice: 4-6 pm	12 vs Central Var – 4:00 pm JV – 5:45 pm	13 Practice: 4-6 pm	14 @ Arcadia JV – 5:00 pm Var – 7:00 pm	15 Practice: 4-6 pm	16
17	18 Practice: 4-6 pm	19 vs Onalaska Var – 4:00 pm JV – 5:45 pm	20 Practice: 4-6 pm	21 @ West Salem JV – 5:00 pm Var – 7:00 pm	22 Practice: Var: 9-11:00 am <i>*Cranfest</i>	23 <i>*Cranfest</i>
24 <i>*Cranfest</i>	25 Practice: 4-6 pm JV – Games TBD	26 vs EC Regis Var – 4:15 pm JV – no game	27 Practice: 4-6 pm	28 Practice: 4-6 pm <i>Game TBD?</i>	29 Homecoming Parade – after school No practice	30 Homecoming Dance

THS Men's Soccer

October 2023

1	2 Practice: 4-6 pm	3 Conference Tournament Date Time/location TBD Senior Night?	4 Practice: 4-6 pm	5 Conference Tournament Date Time/location TBD Senior Night?	6 Practice: 4-6 pm	7
8 <i>Seeding Meeting</i>	9 Practice: 4-6 pm	10 Conference Tournament Date Time/location TBD Senior Night?	11 Practice: 4-6 pm	12 Conference Tournament Date Time/location TBD Senior Night?	13 Practice: 4-6 pm	14 Practice: 4-6 pm
15	16 Practice: 4-6 pm	17 Regional Semi Time/location TBD	18 Practice: 4-6 pm	19 Practice: 4-6 pm	20 Practice: 4-6 pm	21 Regional Final Time/location TBD
22	23 Practice: 4-6 pm	24 Practice: 4-6 pm	25 Practice: 4-6 pm	26 Sectional Semi Time and location TBD	27 Practice: 4-6 pm	28 Sectional Final @ Sauk Prairie Team and time TBD
29	30 Practice: 4-6 pm	31 Practice: 4-6 pm				

THS Men's Soccer

November 2023

			1	2	3	4
			State walk through Travel day?	State Tournament Div. 1 Semi Finals Div. 2 Semi Finals 11:00 am or 1:30 pm	State Tournament Div. 3 & 4 Semi Finals	State Tournament Final @ 1:30 pm
5	6 Final team meeting & Jersey turn in? TBD by state appearance	7 Final team meeting & Jersey turn in? TBD by state appearance	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		