
Upper St. Clair Girls Soccer

2023 - 2024



Welcome To USCHS Girls Soccer



Coaching Staff:

Zachary Hamilton	Head Coach	zhamilton@uscscd.k12.pa.us
Sam Lackner	Assistant / JV Coach	
Hannah Judkins	Assistant / Goalie Coach	
Greg Wagner	Assistant / Strength & Conditioning Coach	gwagner@uscscd.k12.pa.us

Boosters Board:

Melanie Hallums	President	mhallums@yahoo.com
Tom Bird	Vice President	tb243499@yahoo.com
Meg Webb	Treasurer	meghuff.webb@gmail.com
Hallie Snyder	Website Administrator	halliesnyder@me.com
Paul Mannix	Board Advisor	mannix@marcus-shapira.com

GSOC 2023 WPIAL Information



SECTION 1

Allderdice
Butler
Fox Chapel
North Allegheny
North Hills
Pine-Richland
Seneca Valley
Shaler

SECTION 2

Baldwin
Bethel Park
Canon-McMillian
Hempfield
Mt. Lebanon
Norwin
Peters Township
Upper St. Clair

- All games will start with the JV game, followed by the varsity game
 - If that changes, the coaching staff will communicate it ASAP
- JV games are 60 minutes long
 - JV games do not go into overtime under any circumstances
- Varsity games are 80 minutes long
 - Any varsity game that ends in a tie will go into a golden-goal overtime period (10 minutes)
 - At most, overtime is 20 minutes (2 overtime periods)
 - If the game is still tied after double overtime, it will end in a tie
- The top 4 teams in each section will make the playoffs

Basic Season Information



- Practice:
 - Sunday through Thursday; most Fridays and Saturdays off
 - All practices held at either the Boyce Turf or in the High School Stadium
- Section Games:
 - Section games will be on Mondays and Wednesdays
 - Home games for JV and Varsity games will have a 6:00 and 8:00 kickoff, respectively
- Non-section games:
 - TBD
- Scrimmages:
 - Pine-Richland and Seneca Valley
- Pre-Season Kickoff Tournament:
 - South Park Kickoff Classic - Dates TBD
 - Will play two games

Important Dates



Register & Pay Booster Fee	ASAP
Physicals/Healthy Roster Due	July
Captain's Practices	June 12 - August 11 (specific dates & times TBD)
Team Camp	July 15 - 19
Youth Camp	July 24 - 28
Pre-Tryout Team Camp	August 7 - 11
Tryouts	August 14 - 16
Team Announcement	August 17
Uniform Distribution & Locker Room Decorating	August 18
Fall Kick-off Tournament	August - Specifics TBD (@ South Park High School Stadium)
WPIAL Play Starts	August 28

Team Expectations



The program comes first. Always.

Team Expectations Cont.



- Any and all communication comes from the athletes – not the parents.
 - When speaking with any player, teammates will *never* be the topic of conversation
- Once the season has started, only USC-branded items are permitted
 - No club apparel, bags, accessories, etc. are permitted
 - No other high school apparel permitted
- Practice uniforms are mandatory
 - Practice shirts are provided by the program
 - Black shorts and socks are required from the athletes - not provided by the program
- Starting August 14th, all team events are mandatory unless otherwise stated by coaching staff
- All players will be in attendance for all games - no exceptions
- All players will ride to and from all away games on the district-provided bus - no exceptions
- To be awarded a varsity letter, a player must play at least one minute in 75% of the varsity games throughout the regular season

Offseason Activities



Event	What is it?	When/Where
ACL Prevention	<ul style="list-style-type: none"> - Conducted by Coach Greg Wagner - Offered to current freshmen, sophomores & juniors 	<p>Dates / Times TBD - Coming Soon</p> <p>USCHS Weight Room/Turf</p>
Strength Training	<ul style="list-style-type: none"> - Weight lifting / flexibility / etc. lead by the district's strength & conditioning coach 	<p>Every Tuesday and Thursday</p> <p>4:15 - 5:00</p> <p>USCHS Weight Room</p>
Captain's Practices	<ul style="list-style-type: none"> - Pre-season workouts run by the rising seniors. - Open to all players 	<p>June 12 – August 10</p> <p>Time and location TBD</p>
Summer 5 v 5 League	<ul style="list-style-type: none"> - Run by USCAA - Available to all players - Registration details to come (Approx. \$50) 	<p>Dates, Time & Location TBD</p>
Pre-Tryout Camp	<ul style="list-style-type: none"> - Team camp the week prior to tryouts - Technical work, team bonding, etc. 	<p>August 7 - 11, 2023</p>
Team Camp	<ul style="list-style-type: none"> - Sleepaway team camp held at Cal U - Available to all players in program - Transportation to and from provided by boosters 	<p>July 15 - 19, 2023</p>
Youth Camp	<ul style="list-style-type: none"> - Annual fundraiser - Open to pre-K through 6th grade - Players are camp counselors and run skills stations and drills for the kids 	<p>July 24 - 28, 2023</p> <p>USCHS Stadium</p> <p>5:30 - 7:30pm</p>

Communication

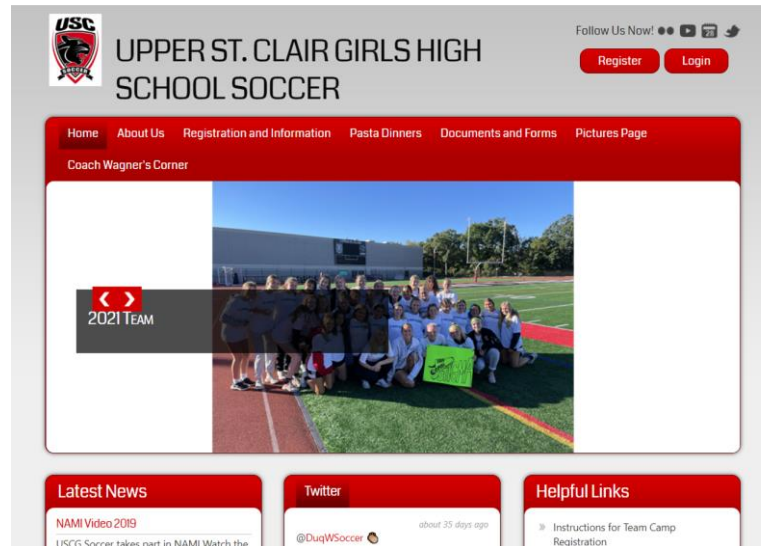


- We use TeamSnap as our main form of communication.
- All team events, including game schedules and practice times, will be maintained in the TeamSnap calendar.
- Email communication and text alerts will be sent through TeamSnap.
- Please download the app and keep your parent and player profile current.
- Players maintain a separate team group chat outside of TeamSnap
- During the season, minor changes will be communicated to the team captains and distributed to the rest of the team
- Team Website: uscgsoccer.org

Social Media



- Website: uscgsoccer.org
- Twitter: @USCHSsoccer
 - Joint account w/ BSOC
- Instagram:
 - GSOC only
- YouTube
 - All home games live-streamed
 - Search "Upper St. Clair Soccer"



Community Outreach



- NAMI (National Alliance on Mental Illness)
 - Each year the team works together to raise money & awareness to support different causes such as NAMI.
 - GSOC players will fundraise individually for a combined team total donation
 - The team will walk together in the NAMI walk in October in Monroeville
 - Transportation will be provided by the district
 - A home game will be dedicated to supporting this cause
- Community Day: May 20, 2023
- Youth Camp: July 24 - 28, 2023
- USC Girls Youth Soccer



Purpose of Boosters



- The organization has been formed and shall exist for the primary purpose of promoting a high degree of community and parent interest and support for the Upper St. Clair High School Girls Soccer team.
- The remaining content of the Bylaws may be found on the program's website: uscgsoccer.org

Booster Dues & Benefits



- Boosters Income
 - Player Dues: \$325 (due at time of booster registration; refunded if needed)
 - Fundraising: Youth Camp, Annual Player Program/Ad Book
 - Concession Stand Sales
- Player Benefits / Use of Funds
 - Apparel (freshmen backpacks, locker room tags, team gear such as warmups & jackets)
 - End of Year Banquet
 - Bus Snacks for away games
 - Community Outreach (NAMI)
 - Fitness Training (off-season conditioning and yoga after practices)
 - Player Photos (Senior banners, player photo buttons, game action photos, playoff yard signs)
 - Annual Program (with contributions from families)
 - Senior Recognition Night
 - Team Camp (partially funded)
 - TeamSnap
 - Youth Day

Fundraising



- Youth Camp
 - July 24 - 28, 2023
 - All players (including rising freshmen) are expected to participate
- Annual Player Program
 - Special keepsake book given to each player
 - Parents asked to buy player ads to add content and help offset the cost
 - Business ads also for sale
- Concession Stand Sales

Get Involved – Volunteer Opportunities



We have a few returning Chairs but lots of openings! We will need help with the following committees:

Ball Girl Assignments	OPEN	Pasta Dinners	OPEN One Chairperson who will organize and create a volunteer list, all parents participate
Banquet	Hallie Snyder Susan Falce Meg Webb	Picture Day	OPEN, OPEN
Bus Snacks	Jamie Recker	Senior Recognition Night	OPEN, OPEN
Community Day (Sat. May 20, 2023)	OPEN (Parent and player volunteers needed)	Twitter	OPEN for JV games Meg Webb & Libby Mascaro (varsity games)
Community Outreach	Hallie Snyder	Video and Cable TV	HUDL (Zach handles HUDL & streaming to YouTube)
Concession	OPEN One Chairperson requested who will organize and create a volunteer list; all parents participate	Web Page	Hallie Snyder
Game Day Photography	OPEN	Youth Soccer Camp	Lisa DiSora, Stacey Friday (Beth Huzjak, Meg Webb to advise)
Merchandise/Online Store	OPEN	Youth Day/Night	OPEN
Program Ad Book	OPEN (Freshman and Sophomore parent needed)		

Player Registration



Registering for the team is a 3-part process:

1. Registration & Booster Fee

- Make sure player profile is updated in TeamSnap
- Pay booster fee through TeamSnap once invoiced

2. Healthy Roster

- Download the healthy roster app and complete the required PIAA documentation including uploading a current player physical
- Must be completed before tryouts. Players will not be permitted to tryout if incomplete.
- Need help? Contact: Trainer, Brittney Halbig - brittney.halbig@ahn.org

3. USC Athletics Payment

- Once an athlete is officially rostered as a member of the team, the high school athletic participation fee (\$75) must be paid. Payments are made through the district athletics website.

Questions?



USC Girls Soccer Team Questions:

Zachary Hamilton: zhamilton@uscsd.k12.pa.us

Booster Questions:

Melanie Hallums: mhallums@yahoo.com