Upper St. Clair Girls Soccer 2024 - 2025



Welcome To USCHS Girls Soccer



| Coaching Staff: | | |
|------------------|------------|---------------------------|
| Zachary Hamilton | Head Coach | zhamilton@uscsd.k12.pa.us |
| Greg Wagner | Assistant | gwagner@uscsd.k12.pa.us |
| Hannah Judkins | Assistant | |
| Liv Belack | Assistant | |
| Sam Lackner | Assistant | |

| Boosters Board: | | |
|-----------------|-----------------------|------------------------|
| Tom Bird | President | tb243499@yahoo.com |
| Alan Stein | Vice President | astein1119@gmail.com |
| Meg Webb | Treasurer | meghuff.webb@gmail.com |
| Tom Bird | Website Administrator | tb243499@yahoo.com |
| Melanie Hallums | Board Advisor | mhallums@yahoo.com |

GSOC 2024 WPIAL Information



SECTION 1

Armstrong
Greater Latrobe
Hempfield
Norwin
Penn-Trafford
Woodland Hills

SECTION 2

Baldwin
Canon McMillan
Connellsville
Mt. Lebanon
Peters Township
Upper St Clair

SECTION 3

Allderdice North Allegheny Seneca Valley Butler North Hills Pine-Richland

- 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
 - 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
 - 12 teams will make the playoffs from AAAA, with the top four receiving a bye in round one

Basic Season Information



- Practice:
 - Sunday through Thursday; most Fridays and Saturdays off
 - o 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 6:15 and 7:45 kickoff, respectively
- AAAA Crossover Games:
 - North Allegheny & Penn-Trafford
- Non-section games:
 - Montour
 - Moon
 - South Fayette
 - West Allegheny
- Scrimmages:
 - Seneca Valley & Bethel Park
- Kickoff Tournament:
 - South Park Kickoff Classic tentatively scheduled for 8/23 8/25
 - Will play two games

Important Dates



| Register & Pay Booster Fee | ASAP | |
|---|---|--|
| Physicals/Healthy Roster Due | After July 1 | |
| Captain's Practices | June 11 - August 6 | |
| Team Camp | July 16 - 18 | |
| Youth Camp | July 22 - 26 | |
| Pre-Tryout Camp | August 7 - 9 | |
| Tryouts | August 12 - 14 | |
| Team Announcement | August 15 | |
| Uniform Distribution & Locker Room Decorating | August 15 | |
| Fall Kick-off Tournament | August 23 - 25 (@ South Park High School Stadium) | |
| WPIAL Play Starts | August 26 | |
| Golf Outing | September 3 | |

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 12th, all team events are mandatory unless otherwise stated by coaching staff
- <u>All players</u> will be in attendance for <u>all games</u> 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 | |
|---|--|--|--|
| Captain's Practices | Pre-season workouts run by the rising seniors.Open to all players | June 11 - August 6 5:00 - 6:30 USCHS Stadium | |
| Summer Strength Training | Injury prevention is the main focusLead & supervised by Coach Crem | June 11 - August 6 4:00 - 5:00 USCHS Weight Room | |
| Team Camp | Sleepaway team campAvailable to all players in programTransportation to and from provided by boosters | July 16 - 18, 2024 Kent State University | |
| Youth Camp | Annual fundraiser Open to pre-K through 6th grade Players are camp counselors and run skills stations and drills for the kids | July 22 - 26, 2024 USCHS Stadium 5:30 - 7:30pm | |
| - Patrick O'Driscoll - Penn State Behrend Women's Soccer Coach | | August 7 - August 9 Morning & Evening Sessions - 5 Total Boyce Middle School | |

Communication





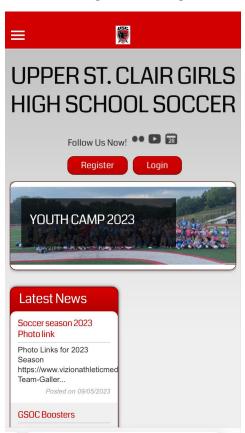
- We use TeamSnap as our main form of communication.
- All team events, including game schedules and practice times, will be maintained in the TeamSnap calendar.
- Email communication and text alerts will be sent through TeamSnap.
- Please download the app and keep your parent and player profile current.
- 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



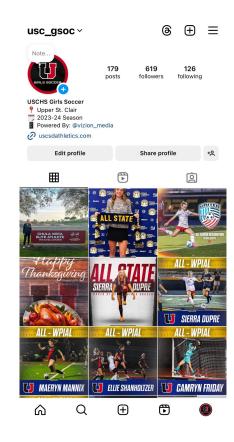
X (TWITTER)

@USCHSsoccer



INSTAGRAM

@usc_gsoc



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 on October 6 in Monroeville
 - Transportation will be provided by the district
 - A home game will be dedicated to supporting this cause
- Community Day: May 18, 2024
- Youth Camp: July 22 26, 2024
- 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: \$350 (due at time of booster registration; refunded if needed)
 - Fundraising: Youth Camp, Annual Player Program/Ad Book, Spirit Nights, Golf Outing
 - Concession Stand Sales
- Player Benefits / Use of Funds
 - Apparel (freshmen backpacks, locker room tags, team gear such as warm ups & jackets)
 - End of Year Banquet
 - Bus Snacks for away games
 - Community Outreach (NAMI)
 - Fitness Training (off-season conditioning and yoga after practices)
 - o 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
 - o July 22 26, 2024
 - All players (including rising freshmen) are expected to participate
- 1st Annual Golf Outing
 - September 3, 2024
 - Valley Brook Country Club
- 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 | OPEN (Meg to chair) | Picture Day | OPEN, OPEN |
| Bus Snacks | OPEN | Senior Recognition Night | OPEN, OPEN |
| Community Day | OPEN(Parent and player volunteers needed) | Twitter | Libby Mascaro/OPEN for JV One volunteer needed for varsity games one for JV games |
| Community Outreach | Libby Mascaro | Video | HUDL - Zach |
| Concession | OPEN One Chairperson requested who will organize and create a volunteer list, all parents participate | Web Page | Tom Bird |
| Game Day Photography | Vizion Media | Youth Soccer Camp | OPEN,OPEN |
| Merchandise/Online Store | Tom Bird | Youth Day/Night | OPEN |
| Program Ad Book | OPEN, Freshman and Sophomore parent needed | Golf outing | OPEN, OPEN (Meg to chair) |

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 (Cannot be completed before July)
- Must be completed before tryouts. Players will not be permitted to tryout if incomplete.
- Need help? Contact: Trainer, Brittney Halbig <u>brittney.halbig@ahn.org</u>

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:

Tom Bird: tb243499@yahoo.com