Upper St. Clair Girls Soccer 2025 - 2026



Welcome To USCHS Girls Soccer



Coaching Staff:				
Zachary Hamilton	Head Coach	zhamilton@uscsd.k12.pa.us		
Greg Wagner	Assistant	Assistant		
Morgan Montani	Assistant	Assistant		
Ang Belack	Assistant	Assistant		
Brenna McGuire	Assistant			
TBD	Assistant	Assistant		
Boosters Board:				
Alan Stein	President	astein1119@gmail.com		
Paul Burke	Vice President	mr.pauly@gmail.com		
Katie Carroll	Treasurer	kc002e@yahoo.com		
Tom Bird	Website Administrator	tb243499@yahoo.com		
Tom Bird	Board Advisor	tb243499@yahoo.com		

GSOC 2025 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
 - O 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)
 - O 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:
 - O 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:
 - O Section games will be on Mondays and Wednesdays
 - O 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:
 - South Fayette
 - Wheeling
- Scrimmages:
 - O Seneca Valley & Bethel Park
- Kickoff Tournament:
 - O South Park Kickoff Classic tentatively scheduled for 8/22 8/24
 - Will play two games

Important Dates



Register & Pay Booster Fee	ASAP
Physicals/Healthy Roster Due	After June 1
Captain's Practices	June 9 - August 1
Team Camp @ Penn State Behrend	July 16 - 19
Youth Camp	July 21 - 25
Fitness Testing	August 4 - 8
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Tryouts	August 11 - 13
Team Announcement	August 11 - 13 August 14
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Team Announcement	August 14
Team Announcement Uniform Distribution & Locker Room Decorating	August 15

August Calendar Changes



3	4	5	6	7	8	9
	Fitness Testing Day 1	Fitness Testing Day 2	Fitness Testing Day 3	Fitness Testing Day 4	Fitness Testing Day 5	OFF
10	11	12	13	14	15	16
OFF	(Old First Day of Tryouts)					
	Mandatory Practice Session 1	Mandatory Practice Session 2	Mandatory Practice Session 3	Mandatory Practice Session 4	Mandatory Practice Session 5	Scrimmage
				Team Announcements	Uniform Distro. & Locker Room Decoration	

Team Expectations



The program comes first. Always.

Team Expectations Cont.



- Any and all communication comes from the athletes not the parents.
 - O When speaking with any player, teammates will never be the topic of conversation
- Once the season has started, only USC-branded items are permitted
 - O No club apparel, bags, accessories, etc. are permitted
 - No other high school apparel permitted
- Practice uniforms are mandatory
 - O Practice shirts are provided by the program
 - O Black shorts and socks are required from the athletes not provided by the program
- Starting August 11th, 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
Captain's Practices	Pre-season workouts run by the rising seniors.Open to all players	June 9 - August 1 Boyce Middle School
Summer Strength Training	Injury prevention is the main focusLead & supervised by Coach Crem	June 9 - August 1 USCHS Weight Room
Team Camp	Sleepaway team campAvailable to all players in programTransportation to and from provided by boosters	July 16 - 19 Penn State Behrend
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 21 - 25, 2025 Boyce Middle School
Fitness Testing	- Change from prior years - All fitness testing will be completed the week prior to the start of the season on 8/11	August 4 - August 8

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.
- During the season, minor changes will be communicated to the team captains and distributed to the rest of the team



- SportsYou group will be created and monitored by the school district
- Preferred communication method for communication between players and coaches

Social Media



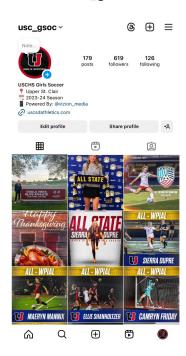
X (TWITTER)

@USCHSsoccer



INSTAGRAM

@usc_gsoc



Community Outreach



- NAMI (National Alliance on Mental Illness)
 - O Each year the team works together to raise money & awareness to support different causes such as NAMI.
 - o GSOC players will fundraise individually for a combined team total donation
 - O The team will walk together in the NAMI walk on October 6 in Monroeville
 - Transportation will be provided by the district
 - OA home game will be dedicated to supporting this cause



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.

• This is not a passive program! Participation from <u>everyone</u> is needed to continue to make this as successful as possible!

It takes a village and we need all the villagers!!!

Booster Dues & Benefits



- Boosters Income
 - Player Dues: \$350 (due at time of booster registration; refunded if needed)
 - o Fundraising: Youth Camp, Season Sponsor, Spirit Nights, Golf Outing
 - o 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
 - O 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)
 - O Senior Recognition Night
 - Team Camp (partially funded)
 - TeamSnap
 - Youth Day
 - o Team Camp Bus

Fundraising



- Youth Camp
 - o July 21 25
 - O All players (including rising freshmen) are expected to participate
- 2nd Annual Golf Outing
 - O Tuesday, September 23rd
 - Southpointe Golf Club
- Season Sponsors \$1,500 for the season
 - O Company or Family Name to be displayed @ the Golf Outing
 - O Company or Family Name to be displayed @ the entrance of every home game
 - o Company or Family Name to be thanked via announcements @ every home game
- Concession Stand Sales



WE NEED YOU!!!!





Minimum Parent Involvement



- \$350 Booster Fee
- Pasta Dinner Contribution
- Concession Stand Volunteer
- Lead or Be a Member of One Volunteer Committee
- Buy, or Find Someone to Buy, a Season Sponsorship

Volunteer Opportunities



Youth Night: Denise Walker ('28) &

Media/Picture Day: Zach Hamilton & Libby Mascaro ('27)

Golf Tournament: Alan Stein ('27) &

Summer Team Building Event: Zach Hamilton &

Year End Banquet: Sue Cardello ('26) & Lisa DiSora ('26) Team Fundraising (AKA Spirit Nights):

Game Day Social Media: Libby Mascaro ('27) &

Nutritional Enhancement (AKA Bus Snacks):

Green Out Game: Libby Mascaro ('27) &

Video Production:

Youth Camp: Stacey Friday ('26) & Lisa DiSora ('26) &

Signage & Banner:

Pasta Dinner Coordination: Katie Carroll ('27) &

Concessions:

Team Store: Zach Hamilton & Tom Bird ('26) &

Senior Rec: Libby Mascaro ('27)

Team Camp:

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:

Alan Stein: **TEXT ME PLEASE!!!** 412-592-1604