

Date: July 20, 2012  
From: Coach Allen Turton IV  
To: JV and Varsity Soccer Players and Parents

Hello players and parents! This memo will serve as a reference to help us prepare for the upcoming season and the agenda for the Parent Meeting on Wednesday August 8, 2012 in the High School Auditorium at 6:00 p.m.

- Meeting Agenda
  - Divisional Opponents = Lackawanna, Tonawanda, Depew, Holland, Eden. Non-leagues games vs Hutch Tech, Emerson, Charter School for Applied Tech, Cheektowaga, Attica, St. Mary's
  - Schedule – see attached or on website
  - New Communication
    - FB – “Alden HS Boys Soccer” Group – request membership
    - Alden Soccer Club Website – travel, house, indoor info (<http://leaguelineup.com/welcome.asp?url=aldensoccerclub>)
    - Coach Turton's Soccer Page (found from my teacher page on the district site - (<http://www.aldenschools.org/webpages/ATurton/soccer.cfm>))
    - Team statistics, photos, off-season training, skill development, weight training, general info
    - The sites are a work in process. Please let me know any ideas to make them more useful.
  - Varsity Custom Jerseys
    - Long sleeve, name on back, need everyone to have one on varsity. Details coming.
    - Money due ...
  - Uniform or dress up for game days
  - Give back – think about being a referee or assistant coach for a youth soccer team.
    - The experience is good for your development as a player, young adult, employee, college applicant, and just a nice thing to do.
    - Contact Mr. Boling at 937-6711 for info.
- Attendance at all practices and games is expected
  - 8 Team and 6 Individual practices are required prior to a scrimmage (10 and 8 prior to a game)
  - With **prior** approval, a player may be excused from a practice for a legitimate reason. Examples include: occasional work, another sport practice or game, or family function.
  - These absences will affect your playing time. If something is important to you, you find time.
  - No late bus. There are parents willing to carpool for Varsity, JV and Travel practices and games. Please do not let transportation problems be an excuse. (or get on your bike)
  - Practices and games will be at the High School Field. JV games at Robert Smith Park on West Main St.
- Playing Time
  - Varsity – best TEAM players will play the most. Team tactics are our focus for this year.
  - JV - Target 20 minute minimum for each team member, some players may play the entire game
    - Effort and attendance during practices and games
    - Sportsmanship and Team cooperation
    - Skills and positional versatility
- Preseason Training – work up to these goals by August 13th to ensure you are in shape for the season.
  - Speed – lunges, squats, toe raises, sprints
  - Jog a mile in 10 minutes, jog 2 miles without stopping
  - 3 sets of 20 push-ups alternating with 3 sets of 30 sit-ups
  - Juggle a soccer ball 30 times with your various body parts (feet, knees, head)
- Communication
  - Varsity: Allen Turton IV, [aturton@aldenschools.org](mailto:aturton@aldenschools.org), school phone 937-9116, cell 785-7194
  - JV: Andrew Smith, [asmitty914@gmail.com](mailto:asmitty914@gmail.com), cell 435-7666
  - Modified: Mark Evertt, [vert04@msn.com](mailto:vert04@msn.com), cell 425-8570
  - Travel Soccer Coordinator: Tim Fox, 683-5304
  - Alden Soccer Club President: Mike Boling, 937-6711

# Boys JV/Varsity Soccer Schedule 2012

AUGUST				
Mon.	Tues.	Wed.	Thurs.	Fri.
6	7	8	9	10
13 – training session, 4 – 6pm	14 – training session, 4 – 6pm	15 – training session, 4 – 6pm	16 – training session, 4 – 6pm	17 – training session, 4 – 6pm
20 – tryouts/ training session, 4 – 6pm	21 – tryouts/ training session, 4 – 6pm	22 – tryouts/ training session, 4 – 6pm	23 - training session, 4 – 6pm	24 - training session, 4 – 6pm
27 – training session, 4 – 6pm	28 – training session, 4 – 6pm	29 – training session, 4 – 6pm	30 – scrimmage at Iroquois 4pm	31 – training session, 4 – 6pm

SEPTEMBER				
Mon.	Tues.	Wed.	Thurs.	Fri.
3 – no school, no practice	4 - @ Attica 4:30	5 – practice 2:45 – 4:45	6 – Lackawanna (H)	7 – practice 2:45 – 4:45
10 – practice 2:45 – 4:45	11 – Depew (H)	12 – practice 2:45 – 4:45	13 – practice 2:45 – 4:45	14 - @ Eden
17 – @ Tonawanda 5:00 JV 7:00 Varsity	18 – practice 2:45 – 4:45	19 – practice 2:45 – 4:45	20 – Holland (H)	21 – practice 2:45 – 4:45
24 – CSAT (H) 7pm “Under Lights”	25 – practice 2:45 – 4:45	26 - @ Lackawanna	27 – practice 2:45 – 4:45	28 – Homecoming St. Mary’s (H) Varsity only

OCTOBER				
Mon.	Tues.	Wed.	Thurs.	Fri.
1 – practice 2:45 – 4:45	2 - @ Depew JV – 4:30 Varsity – 6:00 turf	3 – practice 2:45 – 4:45	4 – practice 2:45 – 4:45	5 – Eden (H)
8 – no school, no practice	9 - @ Hutch Tech, varsity only	10 – practice 2:45 – 4:45	11 – Tonawanda (H)	12 – practice 2:45 – 4:45
15 – Cheektowaga (H)	16 – practice 2:45 – 4:45	17 - @ Holland JV – 4:30 Varsity – 6:30	18 – practice 2:45 – 4:45	19 – Emerson (H) Varsity only
22 – practice 2:45 – 4:45	23 – practice 2:45 – 4:45	24 – Sectional Pre-Quarter Finals	25 – practice 2:45 – 4:45	26 – Sectional Quarter Finals
29 – Sectional Semi-Finals @ All High Stadium	30 – practice 2:45 – 4:45	31 - practice 2:45 – 4:45	Nov. 1 <sup>st</sup> – Finals at 7:30pm @ Hamburg. Overall B Finals Nov. 3 <sup>rd</sup> . Regionals 11/10, States 11/16-18	

**Schedule Notes:**

- Practices are from 2:45 – 2:45pm on HS soccer fields. Arrange for transportation home.
- On home game days, meet in locker room 1 hour before game time.
- Most games are scheduled for 4:30. Be fully dressed, on the field and ready 45 minutes prior.