

# Terre Haute North Boys Soccer 2009

**Coach: John Welch 466-3736 [jwelch1161@verizon.net](mailto:jwelch1161@verizon.net)**

**Asst. Coach: Ken Victor [kjvictor@msn.com](mailto:kjvictor@msn.com)**

## Sectional Champions

**2008, 2007, 2006, 2005, 2004, 2000, 1993\*, 1991\***

2008	Season Record	9-8-2	MIC	1-5-1
2007	Season Record	10-8-1	MIC	2-5
2006	Season Record	6-12-1	MIC	0-6-1
2005	Season Record	10-9-2	MIC	1-4-2
2004	Season Record	12-9	MIC	1-6
2003	Season Record	7-11-2	MIC	0-5-2
2002	Season Record	6-10-2	MIC	0-6-1
2001	Season Record	6-9-3	MIC	1-5-1
2000	Season Record	9-10-1	MIC	
1999	Season Record	8-7-1	MIC	3-3-1
1998	Season Record	8-7-2	MIC	4-2-1
1997	Season Record	12-4-2	MIC	3-1
1996	Season Record	9-6-1		
1995	Season Record	6-7-1		
1994	Season Record	14-4-1		

\*In 1994 the IHSAA made soccer a sanctioned sport

## Team and individual statistics

Most wins in a season	1994 (14)	1991 (17)
Best winning percentage	1994 (.73)	1993 (.87)
Most team goals in a season	2004 (73)	1993 (93)
Best GF/g in a season	2004 (3.48)	1993 (4.9)
Least goals allowed in a season	2007 (22)	1993 (13)
Best GA/g in a season	2007 (1.15)	1993 (0.68)
Most goals in a career	Kraig Baker 78	
Most goals by individual player in a season	John Schmidt 2004 (19)	Kraig Baker 1993 (28)

Most goals by individual player in one game

Will Mansard 7 South Vermillion 2000  
Kraig Baker 5 Evansville Central 1993

Most assists by individual player in a season

Milan Marcus 2003 (9), David Dean 1993 (30)

Most assists career

David Dean 1989-1993 (50)

Best individual GA average Steven Schmidt 2007 (0.46), Sean Bolan 1993 (0.68)

### Performance records

Two mile run	Tyler Lucas	10:45	2007
Push-ups/ minute	Paul McKee	109	2003
Sit-ups/ minute	Andrew Burk	80	2004
Vertical Leap	Connor Lentz	29.5	2007
300 yard shuttle	Anson Conner	52 sec	2002
Illinois agility drill	Andrew Burk	14.31	2004
Beep test	Tyler Lucas	14.5	2005
40 yard dash	Andy Jones	4.68 sec	2003
Shots	Cameron Victor	8	2008
Slalom	Alex Walter	21.02 sec	2007
Juggles	Connor Lentz	265	2007
Bench Press Ratio	Connor Lentz	1.31	2006
Squat Ratio	Guerric Good	2.7	2008

### Performance goals.

2 mile run	under 14 minutes
40 yd dash	under 5.3 seconds
Illinois agility drill	under 17 seconds
Beep test	stage 10 or above
300 yd shuttle	under 55 seconds
Sit-ups/min	over 60
Push-ups/min	over 50
Vertical leap	over 19 inches
Ball juggling	over 30
Bench Press	Your weight
Squat	1 1/2 times your weight
Ball skills	Know the "10 moves" (Scissors, chop, dummy, pullback, kruyff, spin move, hesitation, inside out, maradona, double touch)

### **In- School- out- of- season conditioning**

The purpose of this portion of the season is for strength training and overall improvement in conditioning, nutrition and team building. We have been doing this all winter. Conditioning sessions are scheduled for Monday, Tuesday and Thursday 7 PM to 8 PM. Seventh and eighth grade students from Middle Schools that feed into Terre Haute North are invited.

### **Out-of-school-out-of-season conditioning June-July**

At this point we are allowed to condition with soccer balls. The Club teams will be finished at this time except for possibly tournaments. We will have skill training and match play on Tuesday, Wednesday and Thursday from 6:30-8:30. We will work on technical and physical conditionings. But more importantly we will be playing soccer. Although not considered mandatory, these practices will be counted. The practices are not necessary to make the team but will give you a definite advantage. Attached are other opportunities during the summer. Again, these cannot be required but are VERY strongly recommended.

We will not practice June 29<sup>th</sup> through July 5<sup>th</sup>. This is considered the mandatory moratorium week. We will have a team camp at Rose Hulman June 22<sup>nd</sup> -26<sup>th</sup>. This is an important Camp to attend. The THN Camp will be July 11<sup>th</sup>. We will participate in a tournament on the weekend of July 24<sup>th</sup> to 26<sup>th</sup>. We did this last two years and it was a good start to the season. We will have performance measurements on July 27<sup>th</sup> – July 31<sup>st</sup>.

### **In-season-practices**

#### **Mandatory practices**

Daily practices will start on August 3<sup>rd</sup>. Practices will be 7:00-9:00 AM and 6:00-8:00PM Monday through Saturday of the first week. The second week practice will be 7:00-8:30AM and 3 PM to 7PM. A player is not allowed to play in a game until he has 10 days of practice.

When school starts, practice will be Monday through Friday 4:15 – 6:30 PM. Games will be scheduled on Saturdays and through the week. No practices or games on Sunday. The season ends in early November. This means that we will be playing during Fall Break. **All members of the varsity team are expected to be here during Fall Break.**

#### **How to improve**

Players need to set realistic goals. Goals should be performance related and not outcome based. Performance related goals are those that focus on realistic, challenging but attainable performances. The time to achieve the goals should be short in duration. The goals should change almost daily or weekly.

In the case of soccer, some performance goals may be increasing the number of juggles to 25 instead of 20. Running two miles in 14:00 instead of 14:10, lifting 50 pound curls instead of 40. I would recommend writing down your goals every day on a 3 x 5 card and work on them.

Examples of outcome goals for a player are how many wins, how many goals or being the fastest on the team. These types of goals are out of the athletes control and may not be attainable no matter how hard you work.

Find a friend to work out together. There is no question that having a partner increases attendance, activity and competitiveness.

Maintain good nutrition and rest. Avoid high fatty foods, high calorie low nutritious foods, and a lot of caffeine.

Work on the skill of positive self-talk. This means those thoughts that come to you in pressure situations. Successful athletes are “talking” to themselves by saying positive things such as “I am the man, I can do this”, “I have done this in practice- I can do it now”, “ I may have missed that shot but I am better than that and I can make the next one”. Try to avoid self-talk that is degrading, “I can’t do this”, “I suck”.

Work on concentration focusing. This means a player stays in the present and avoids guilty feelings of what has happened in the past. The player concentrates on task oriented goals. An example of this is a player forgets about missed PK attempts that may have happened in the past. He concentrates only on the technical aspect of the approach, striking the ball and following through on the shot. Players who are committed to focused concentration and practice these techniques become so focused that there is a perception that time is slowing. Learn to be and play in “THE ZONE.”

Work on stress reduction by trusting that your hard work, humility, realistic expectations and self confidence has brought you as far as possible. **Let go and enjoy.**

### **Kickers Club**

This is the soccer teams’ booster club. The Kickers Club is the support group for the Main Booster Club and includes both the boys and girls teams.

President       Debbie Victor  
VP   Boys    Sheila and Jim Priester  
VP   Girls   Kelly McKee  
Secretary       Michelle Murray  
Treasurer       Mary DeBard

The cost to join the Kicker’s Club is \$25.00 (\$15.00 to the main booster club and \$10.00 to the Kickers Club). The Club helps in providing food and equipment for the soccer teams. Parent’s involvement, membership and donation are strongly encouraged.

### Pre-participation Physicals

These are physicals that are performed starting in May and are good for the upcoming year. The physicals are required prior to participation. The cost is \$10.00 if done by Sycamore Sports Medicine at TH North. This years date is May ?. The pre-participation form must be completed and signed by a parent prior to the physical being done. It is very important that the history portion of the form be completed correctly. Please pick up a form at the Athletic Director’s office. The money collected is donated back to THN.

### Code of Conduct

Please read this carefully. This is found in the pre-participation physical exam packet. We have had players that have not followed the code and have suffered the consequences. This obviously hurts the players and ultimately the team. Following the code shows maturity and team spirit.

## **TEAM GOALS**

The team goals are:

To be consistent in technical ability and level of effort.

To perform to the best of the teams ability.

To have fun.

To win.

## **Terre Haute North Boys Soccer Lettering Policy**

Varsity game participation 1 pt/half

Sectional Team 2 pts

School Accomplishments:

GPA >3.25 1 pt

Officer, Continental, etc, 1pt

Community Accomplishment

Church or other Volunteer organizations 1 pt

Team Volunteer participation 1pt

To achieve a letter you need the same amount of points as the number of varsity games in the season. Individual cases can be decided by the coaching staff.

## **Important dates to remember**

May ?	Physical exams at THN Please get your physical done at this time. Have your code of conduct filled out at this time also.
June 20	VCYSA 3 v 3 Tournament
June 22-26	Rose Hulman Team Camp
June 27	THN 6v 6 Tournament
June 29-July 5	Moratorium Week (Dead Week)
July 11	THN Camp
July 18	Bloomington 3 v 3 Tournament
July 24-26	High School Showcase Tournament
July 27-July 31	Performance Week
August 3	Start of Mandatory Practices

### Summer Schedule

Tuesday	June 9	6:30-8:30
Wednesday	June 10	6:30-8:30
Thursday	June 11	6:30-8:30
Tuesday	June 16	6:30-8:30
Wednesday	June 17	6:30-8:30
Thursday	June 18	6:30-8:30
Saturday	June 20	VCYSA 3 v 3 Tournament
Week	June 22-26	RHIT Team Camp
Saturday	June 27	THN 6 v 6 Tournament
Week	June 29-July 5	Moratorium Week
Tuesday	July 7	6:30-8:30
Wednesday	July 8	6:30-8:30
Thursday	July 9	6:30-8:30
Saturday	July 11	THN CAMP
Tuesday	July 14	6:30-8:30
Wednesday	July 15	6:30-8:30
Thursday	July 16	6:30-8:30
Saturday	July 18	Bloomington 3 v 3 Tournament
Tuesday	July 21	6:30-8:30
Wednesday	July 22	6:30-8:30
Thursday	July 23	6:30-8:30
Friday-Sunday	July 24-26	HS Showcase Tournament
Week	July 27-July 31	Performance Week
August 3	Mandatory Practices	
	7AM-9:00AM and 6PM-8PM	August 3-8
	7AM-8:30AM and 3PM-7PM	Aug 10-14
Jamboree	August 15	

**Tentative**

**THN Boys Varsity Soccer Schedule 2009**

<b>Saturday</b>	<b>August 15</b>	<b>A</b>	<b>Jamboree</b>
<b>Tuesday</b>	<b>August 18</b>	<b>A</b>	<b>Northview</b>
<b>Thurs</b>	<b>August 27</b>	<b>A</b>	<b>Bloomington N</b>
<b>Sat</b>	<b>August 29</b>	<b>H</b>	<b>Bloomington S</b>
<b>Tuesday</b>	<b>Sept 1</b>	<b>H</b>	<b>West Vigo</b>
<b>Sat</b>	<b>Sept 5</b>	<b>H</b>	<b>Center Grove</b>
		<b>H</b>	<b>North Central</b>
<b>Thurs</b>	<b>Sept 10</b>	<b>H</b>	<b>Edgewood</b>
<b>Sat</b>	<b>Sept 12</b>	<b>H</b>	<b>Mooreville</b>
<b>Monday</b>	<b>Sept 14</b>	<b>H</b>	<b>South Verm</b>
<b>Wed</b>	<b>Sept 16</b>	<b>A</b>	<b>TH South</b>
<b>Sat</b>	<b>Sept 19</b>	<b>A</b>	<b>Carmel</b>
		<b>A</b>	<b>Ben Davis</b>
<b>Tuesday</b>	<b>Sept 22</b>	<b>A</b>	<b>Sullivan</b>
<b>Sat</b>	<b>Sept 26</b>	<b>H</b>	<b>Warren Central</b>
		<b>H</b>	<b>Lawrence North</b>
<b>Tuesday</b>	<b>Sept 29</b>	<b>H</b>	<b>Greencastle</b>
<b>Sectionals</b>	<b>Oct 8, 10</b>		
<b>Regionals</b>	<b>Oct 14, 17</b>		
<b>Semi-State</b>	<b>Oct 24</b>		
<b>State</b>	<b>Oct 31</b>		