

BEND LAVABEARS BOYS' SOCCER

Dear parent / student,

Welcome to the Bend Senior High School and the Lavabears Boys' soccer program. Enclosed you will find some general information and a summer training schedule. If you are interested in playing soccer this fall, please contact us or show up at the scheduled practices.

All students that have an interest in soccer are strongly encouraged to become a part of the Bend Lavabears Boys' soccer program. As a freshman, it is very helpful to get involved with an extra-curricular activity in the fall to find a group of students that have similar interests.

We are looking forward to seeing you at the summer workouts and during the fall. The first day for the summer practices will be on Tuesday, July 11 at Hal Puddy Field. Hal Puddy Field is located on 15th street just south on the Varsity Field on 15th St. Please bring a Summer Athletic Participation Permit form filled out and signed to the first summer practice you are attending. You can access the form on the BSH website.

We will offer a Lavabear high school pre-season soccer camp, August 7-August 10. Information on the camp and how to register will be provided at a later date. Attending the camp is the best way to get ready for the tryout period.

The Coaching Staff:

Nils Eriksson	Varsity	Email:
Shane Knapp	JV 1	Email:
Sean Purdy	JV2	Email:

If you have any further questions, please contact us at the emails above.

Best Regards,



Nils Eriksson

BEND LAVABEARS BOYS' SOCCER 2023

Tryouts and Practices

Tryouts and Practices for the boys' soccer teams at Bend Senior High School will start on **Monday, August 14**. Meet at the **BSH 15th St. Soccer Field at 8am**. Our goal is to have the Varsity team established by Thursday, August 17 while the JV players may initially be placed in a JV pool group until we know that we have enough players for three teams. The Varsity team will consist of approx. 14-16 players while the JV teams will consist of approx. 14 - 18 players. Players will be evaluated in four areas; technical ability, tactical awareness, psychology, and conditioning. Team selections will be based on these evaluations along with, how a player fits into the overall team balance, his experience, and his over-all contribution to the team and program. All athletes will be expected to be present at all regularly scheduled team practices and ready to participate on time. Athletes must be committed to attend practice each day along with expending effort in all drills, training exercises, scrimmages, games, and all fundraising activities. Coaches must be informed prior to any planned absences.

School District Requirements

Athletes must pay the participation fee and be cleared by the Athletic Office before they will be allowed to participate in tryouts starting on August 14. This includes having completed a physical exam for players entering 9th and 11th grade. Please, take care of all the forms and participation fees by Friday, August 11 as the office will be closed on the first day of practice. The forms are available on Bend High School's website and at the school's Athletics office (541-355-3800). The Athletics administrator will be in the office beginning on July 31.

Game & Practice equipment

Soccer shoes, running shoes, shorts, t-shirt, and sweat suit for cold weather. Shin guards are required in high school soccer games. The shin guards must be age and size appropriate. Wear your shin guards in practice. Players should always bring their own water bottle. All team members will be asked to purchase their own white team shorts and two pairs of socks. The cost will be approximately \$25 for the shorts and \$15 for each pair of socks, for a total of \$55. Jerseys and navy shorts for games will be supplied by the school.

Summer Program

A summer training program will be offered 8-10am on Tuesdays and Thursdays, starting on July 11. The focus is to improve quickness, conditioning, strength and individual technique through soccer related activities. These practices will be at the Hal Puddy Field, just south of the 15th St Field. Please see the enclosed Summer Schedule for more details. These sessions have no bearing on team selections. They are simply designed to help players improve their technique and fitness. Please, bring the Summer Athletic Participation form to your first summer practice filled out and signed. It's available on the BSH website.

Lavabear Soccer Camp

August 7-August 10, we will have our Lavabear HS Soccer Camp. Please sign up early so you avoid the late fee. Registration forms will be available at the summer practices. This is the best way to get ready for the tryout period.

Coaches

Varsity	Nils Eriksson	Email:	H: 541-480-6971
JV1	Shane Knapp	Email:	C: 541-419-1714
JV2	Sean Purdy	Email:	C: 541-610-2819

Practice schedule after school has started

	<u>Days</u>	<u>Time</u>	<u>Location</u>
Varsity	Mo-Fr	4:15 - 6:00pm	15 th St. Fields or Bear Creek
JV1	Mo-Fr	4:15- 6:00pm	15 th St. Fields or Bear Creek
JV2	Mo-Fr	4:45 - 6:30pm	15 th St. Fields or Bear Creek

Game Schedule

All BSHS athletic teams have their game schedules posted on the OSAA website ().

2023 SUMMER SCHEDULE

Summer Program Schedule

Day	Date	Time	Location
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July

Tu.	11	8-10am	Hal Puddy Field (on 15 th Street, just south of the Varsity Field)
Th.	13	8-10am	Hal Puddy Field
Tu.	18	8-10am	Hal Puddy Field
Th.	20	8-10am	Hal Puddy Field

Memorandum dates are July 23 – July 29

August

Tu.	1	8-10am	Hal Puddy Field
Th.	3	8-10am	Hal Puddy Field

Lavabear Soccer Camp August 7 - August 10

Mo-Th	8-11	8-11am	Lava Bear Soccer Camp @ BSH 15 th St. Soccer complex
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Tryout Schedule & Before school starts practice schedule

Mo.	14	8-11 & 6-8pm	Tryouts @15 th or Bear Creek
Tu.	15	8-11	Tryouts @15 th or Bear Creek
We.	16	8-11 & 6-8pm	Tryouts @15 th or Bear Creek
Th.	17	8-11am	Tryouts @15 th or Bear Creek
Fr.	18	8-11am	Varsity & JV1 @15 th or Bear Creek (No JV2 practice)
Mo.	21	9-11:30am	Varsity @15 th or Bear Creek, JV1: TBA, JV2: TBA
Tu.	22	9-11:30am	Varsity @15 th or Bear Creek, JV1: TBA, JV2: TBA
We.	23	9-11:30am	Varsity @15 th or Bear Creek, JV1: TBA, JV2: TBA
Th.	24	9-11:30am	Varsity @15 th or Bear Creek, JV1: TBA, JV2: TBA
Fr.	25	9-11:30am	Varsity @15 th or Bear Creek, JV1: TBA, JV2: TBA
Mo.	28	9-11:30am	Varsity @15 th or Bear Creek, JV1: TBA, JV2: TBA
Tu.	29	9-11:30am	Varsity @15 th or Bear Creek, JV1: TBA, JV2: TBA
We.	30	9-11:30am	Varsity @15 th or Bear Creek, JV1: TBA, JV2: TBA
Th.	31	9-11:30am	Varsity @15 th or Bear Creek, JV1: TBA, JV2: TBA

September

Fr	1	9-11:30am	Varsity @15 th or Bear Creek, JV1: TBA, JV2: TBA
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Labor Day Weekend

Sa-Su	2-3	Off	No Practices
Mo	4	5-7pm	Varsity & JV1 @ 15 th or Bear Creek, JV2: Off

Practice schedule after Labor Day Weekend

Tu	5	4:00pm	Varsity & JV1 games v. West Albany at home, JV2: TBA
We	6	4:15pm	Varsity @15 th or Bear Creek, JV1: TBA, JV2: TBA

To view the game schedules for Bend HS athletic teams go to the OSAA website ().
There is also a link on the BSH Boys' Soccer website.

*****CHECK OUT THE LAVABEAR PRE-SEASON SOCCER CAMP*****



OUT OF SEASON/SUMMER ATHLETIC PARTICIPATION PERMISSION FORM

Student Name _____ Birth Date _____
Address _____ Cell Phone _____
School Attended Last Year _____ Current Grade _____
Parent Email _____

PERMISSION TO PARTICIPATE:

I understand my student will be participating in summer and/or out of season activities under the direction of school coaches and staff. Students choosing to participate are subject to school & district policies and regulations during these times. My signature on the last line of this document indicates my authorization for participation in such activities by my student.

EMERGENCY INFORMATION:

Name of Parent or Guardian _____

Parent or Guardian Phone Numbers _____

Name of Physician _____ Phone _____

Medical Insurance Name _____

Group Number _____ ID Number _____

List any medical problems, injuries in the last year or current medication _____

****Do you have a physical currently on file with your school _____**

EMERGENCY CONTACT IF PARENT CAN'T BE REACHED:

Name _____ Relation _____

Address _____ Phone _____

MEDICAL RELEASE:

I understand that the coaches will use their best judgment in determining emergency care and procedures. I also understand that the coaches have no provision for expenses incurred in carrying out emergency procedures and emergency transportation. In case of illness or accident to the student named above, the coaches are authorized to obtain immediate medical treatment. I hereby release Bend-La Pine Schools and the coaches from all liability associated with the actions taken in good faith by the coaches in providing or obtaining emergency treatment. My signature below indicates my understanding of this medical release and authorizes my student to participate in summer/out of season activities organized by school coaches or staff.

12-6-22

Parent or Guardian Signature

Date

**March 6, 2023
8th grade parent night
FALL SPORTS**

Football, Boys Soccer, Girls Soccer, Volleyball, Cross Country, Dance & Cheer

Be sure and check our athletic website for the most current information.

**NOTE: FROSH AND JUNIOR PHYSICAL EXAMS must be done on or
AFTER MAY 1, 2023, TO BE ACCEPTED FOR THEIR 2023-24 FROSH/JUNIOR YEAR.**

NOTE: All incoming freshman and juniors MUST have new sports physicals per OSAA rules and regulations. If you did not get a sports physical as a freshman or junior, then you must get one as a sophomore or senior. WE can only accept the OSAA sports physical examination form which can be found on the OSAA website. Please go to _____ then Governance tab, forms and scroll down to physical examination form (Physical Examination _____) or you may pick one up from our athletic office.

VACATION: OSAA Dead Week is July 23 – July 29, 2023. This is the best time to go on vacation as there will be no practices/coaching or correspondence.
Fall clearing will begin July 31.

❖ CLUB SPORTS: Boys & Girls Water Polo, Archery & Bowling

These clubs are active in the FALL as well. Please contact the coaching staff below for their start dates and requirements.

- ❖ **BOYS AND GIRLS WATER POLO:** lavabearwaterpolo@gmail.com
- ❖ **ARCHERY:** AL BARTON 541-633-7633 (al.k.barton@gmail.com)
- ❖ **BOWLING:** TOBY CUNDELL (bendhsbowling@gmail.com)

ATHLETIC ELIGIBILITY

Student/athletes must be enrolled in, and passing, five full classes to be eligible for athletics/activities. This includes the semester that you are participating in, and the semester prior to the athletic season or activity. OSAA requirements of passing 2.5 credits in the previous semester and being on track to graduate at the beginning of the school year will be used to determine individual academic eligibility. In addition to satisfying the above requirements, 10th grade students need a minimum of 4.5 completed credits, 11th graders 11 completed credits, and 12th grade students 18.5 credits at the beginning of the school year. In certain instances, a student's GPA may also be used in determining eligibility.

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2023 FALL ATHLETIC MEMO

Football, Boys Soccer, Girls Soccer, Volleyball, Cross Country, Dance & Cheer

Note this memo was drafted in March 2023 and is subject to change.

Be sure and check our athletic website for the most current information

Beginning July 17, 2023, the online payment system is available.

JULY 17 you may begin online registration @:

Clearing begins July 31st - August 11th.

*Hours may vary due to other duties assigned. Also, athletes may pick up insurance forms in our office. This is a separate policy and is affordable. We highly encourage you to look into this.

*** NIGHT HOURS *** *the accounting office and our office will be open extended hours on Wednesday, August 9th. Extended hours are: 4-7:00PM. Please come in and clear. WE will have a laptop to use if you need it for online registration.*

***August 11th - All athletes must be cleared by the end of this day.**

*** CLOSED!! The Athletic office will be CLOSED Monday August 14th.**

FIRST MANDATORY PRACTICE IS MONDAY, August 14th.

CLEARING FOR A FALL SPORT

1st sign up on-line.

YOU MUST HIT SAVE AND

CONTINUE, THEN THE SUBMIT BUTTON AT THE END!!

2nd pay in the accounting office or online in InTouch. Pay to play fees - \$100.00 per sport. All athletes must be cleared off the FINES list!!

3rd Please bring your sports physical, if applicable, to the athletic office for initial clearing. Note: all Freshmen and Juniors are required to have a new physical exam dated May 1, 2023, or later. If you did not get a physical as a freshman or junior - you must get one as a sophomore or senior. YOU MUST USE THE OSAA sports physical form with last update of May 2017 or we can NOT accept it. (osaa.org) If everything is in order you will receive a yellow clearance slip. You must have the YELLOW slip to TRYOUT/ practice.

ATHLETIC ELIGIBILITY

Student/athletes must be enrolled in, and passing, five full classes to be eligible for athletics/activities. This includes the semester that you are participating in, and the semester prior to the athletic season or activity. OSAA requirements of passing 2.5 credits in the previous semester and being on track to graduate at the beginning of the school year will be used to determine individual academic eligibility. In addition to satisfying the above requirements, 10th grade students need a minimum of 4.5 completed credits, 11th graders 11 completed credits, and 12th grade students 18.5 credits at the beginning of the school year. In certain instances, a student's GPA may also be used in determining eligibility.

- All Athletes must be cleared off the FINES list.
- NO YELLOW SLIP = NO PRACTICE / TRYOUT.
- Questions, please contact

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