



Parent Meeting #1 - Family Wellness Center - March 29th - 6:30PM

Coaches Contact Information

Liv Oland

Position: Head Varsity Coach - Defensive Specialists

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Katie "Coach Skits" Skalicky

Position: Assistant Varsity Coach - Offensive Specialist

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Kelsey Spoden

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Kaitlyn "Coach Ryan" Ryan

Position: Head JV Coach - Defensive Specialist

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What does it mean to have JV AND Varsity this year?

We have 31 girls registered, as of 3/25/18. An ideal roster would hold 18 players, so we don't have quite enough for JV but also too many for one team. We will not be holding tryouts. All tournaments we attend will be for both JV and Varsity. We will have flexible rosters that will be dependent upon the players practice attendance, hard work, skill, and determination. My guess is that we will have some players who will only play JV and some who will only play Varsity, then the middle chunk that floats between the two. These floaters are strong JV players who are needed on both teams. Whichever group each plays will fall into, naturally and on their own, is an asset to our association.

Player Expectations

- Arrive to practice BEFORE it starts and be ready BEFORE it starts.
- Full attention to the coach while she is speaking at games/practices.
- Your playing time will be affected if you are not maintaining good attendance.
- Arrive to games one hour before start time.
- Any discussion about playing time, or other issues, will be handled in person with Liv with the opportunity to have a parent present.
- Social media and community appropriateness.
- If you will be gone from practice text Coach Liv about it.

Parent Expectations

- Let the coaches do the coaching.
- Acknowledge your players effort, support them and cheer for them.
- Model good sportsmanship at all times.
- Encourage direct communication with coaches.
- Help them maintain a balance between school, work, sports, social life and sleep.
- Acknowledge and learn the rules of the sport.

Community Service Hours

8 community service hours are required. Our season is 9 weeks long, that is less than one hour of community service a week. 2 of the 8 hours need to be out in the community. You may begin logging hours on Friday, March 30th. Completed community service hour sheets must be given to Coach Skits, and only Coach Skits, by June 10th. Hours must be completed in order to receive participation reward at the banquet. Any questions regarding your community service hours should be directed to Coach Skits.

Practice Information

- Where: Bennett Elementary School 2000 58th Ave S, Fargo, ND 58104
- When: Monday-Thursday from 5:00PM-6:30PM
- First: Monday, April 9th
- Last: Thursday, June 7th

Tournaments

April 14th - West Des Moines, Iowa

- Field location: Valley Southwoods Freshman High School, 625 S 35th Street, West Des Moines, Iowa
- Schedule:
 - 9:00AM - Varsity vs West Des Moines (Field 1)

- 11:30AM - Varsity vs Washington (Field 2)
- 12:45PM - JV vs West Des Moines (Field 1)
- 3:15PM - Varsity vs MW (Field 1)
- 4:30PM - JV vs Omaha Westside (Field 2)
- There will be college coaches there scouting.

May 12th and 13th - Sioux Falls, South Dakota

- Saturday Schedule:
 - 12:00PM Varsity vs Black Hills (Field 1)
 - 1:30PM JV vs Omaha Westside (Field 2)
 - 1:30PM Cubbies vs Black Hills (Field 3)
 - 3:00PM Cubbies vs Omaha Lacrosse Club (Field 3)
 - 4:30PM Varsity vs Omaha Westside (Field 1)
 - 6:00PM JV vs Black Hills (Field 2)
- Sunday Schedule:
 - 8:00AM - JV vs Omaha Westside (Field 2)
 - 9:30AM - Varsity vs Aberdeen (Field 1)
 - 9:30AM - Cubbies vs Aberdeen (Field 3)
 - 2:00PM - Varsity vs Papillio (Field 1)

May 19th - Fargo, North Dakota

We will be hosting a playdate at Bennett Elementary School. Aberdeen is who we will be playing. The plan is for Varsity, JV, and Cubbies to play 2 games against Aberdeen.

June 9th and 10th - Cities

We will be doing a play date in the cities with teams that are done with the MSHSL season. Details have not been worked out but the weekend is set.

General Information

- Team Pictures - TBA
- Next Parents Meeting: Thursday, April 26th at 6:30PM at Family Wellness Center
- Everyone needs a pinnie, you can order that on the RRVLA website. Your number needs to be on it. This is yours to keep.
- Everyone needs to order their jerseys. This is yours to keep.
- BeeSeen online store closes Sunday, April 1st at 11:59PM. Link to order is on the RRVLA website.

2018 Service Hour Requirements :-))))))

Hours required to receive certificate of participation:

- 8 hours
 - Our season is 9 weeks long, this is less than 1 hour a week of service for the season
- 2 out of the 8 hours must be service in the community

What qualifies as a service hour?

- Service hour will be counted as any time spent volunteering/ helping without being paid or given a reward
 - Examples:
 - Babysitting for a neighbor (and not getting paid)
 - Walking neighbor's dog(s)
 - House sitting
 - Lawn care/ watering flowers

What qualifies as a **COMMUNITY** service hour?

- Any time spent volunteering at a place or organization in the community
 - Examples:
 - Bingo with elderly at senior living center
 - Arts and Crafts- [A Place For Hope: Recovery and Wellness Center](#)
 - Volunteer as a dog walker, kitty pal, etc. - [Homeward Animal Shelter \(Lexi Belk works here\)](#)
 - Help at food pantry or help kids with homework or afterschool activities- [Cherism](#)
 - [Most opportunities they can take around a group of 5 volunteers at a time](#)
 - [Fridays are designated food pantry days](#)
 - Look on [firstlink.com](#) for other volunteer opportunities in F/M area

REMINDERS:

1. Service hour log needs to be turned in to Coach Skits by Sunday, June 10th!
2. REPRESENT RRVLA POLARS WELL!!!!
3. When serving always wear a smile :-)