

ARTS ACADEMY AT BENJAMIN RUSH GIRLS SOCCER

www.corabi.net/rush-girls-soccer

HELLO GIRLS: Please share with your parents/guardians:

I want to thank you for trying out for this team. Please allow this letter to serve as notification that you have been accepted to the Fall 2016 Varsity team. I sincerely appreciate you registering for this team and I hope you can continue to make me proud representing our school!

Please read the entire letter

Contact information: Please Do NOT give out this cell phone number for any reason to anyone except your parents.

Website: www.corabi.net/rush-girls-soccer

Cell: 215-901-7212

Email: tcorabi@philasd.org

Schedule:

Please use the website for practice and game schedule

1) The full schedule, practice and games, is on a google calendar. It is embedded into our website on the main page and the schedule page. For those who utilize google calendars, you can subscribe to the soccer calendar and get automatic notifications of changes. The location of the away games is listed on the calendar as well

Athletic handbook:

There is a fairly new (Spring 2015) Official Athletic handbook for our school posted on the downloads page of the website. You may want to read through it. It contains all of the official athletic policies for our school.

Team policy for CELL PHONES:

NEVER use your cell phone during training or games for any reason without permission, not even if you are a substitute. NEVER use your cell phone if I am addressing the team.

YOU MAY use your cell phone during practice breaks if it is really quick.

YOU MAY use your cell phone on all bus rides

YOU MAY post APPROPRIATE updates about **games** not selfies, on twitter accounts and SHARE with the Rush Arts Athletic Twitter.

NOTE ON PLAYING TIME

This is a varsity team. **Playing time is not promised.** Please do not ask to go in but be ready if I ask you. Some girls will have starting roles or "1st sub" roles where they end up playing a considerable amount. Some girls may have support roles where they play a little less. Some girls may have roles where their actual game time will be very limited. These roles may change game by game due to practice effort, attendance, specific team need or skill level of our opponent. Please understand and embrace your roles. As difficult as this is, please remember to place the team first. This is a cliché quote but it's a good one; **"you play for the logo on the front of your jersey not the name on the back"**

TEAM GOALS

Our Primary Goal is to learn the game, have fun, develop friendships and always give our 100% effort

Our Secondary goal is the same it always is: Make the playoffs (we have never missed the playoffs!)

Our Third Goal is to win the Public League Class "AAA" Championship.

ALL IT TAKES, IS ALL YOU GOT!!!
(Abby Wambach)

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Expectations:

- 1) **Attend all games and practices:** We will usually have 2 games per week and 2 practices per week.
Sometimes we will be working all 5 days
WE WILL NOT have practice on any days we have off from school in September or October!

*Identified core players who are named full time starters who miss practice for any reason other than excused absence from school will not start game. They will sit out a minimum of 15 minutes which could hurt their team "1st subs" and other players who miss practice will miss their "1st sub" in the subsequent game. The only exceptions are excused absences from school AND mandatory school related activities.
(this rule will be relaxed as practices become less later in the season)*

- 2) **Positive Attitude and SOLID Effort:** Talk each other up! Support each other as sisters. Put differences aside
Practice at the appropriate intensity. Don't be lazy!
Identify personal weaknesses and work HARD to get better

- 3) **Grades, Behavior, Attendance:** I will review your records every week.
You must be passing at least 4 full credit classes in order to play
BUT I want you passing all of them.

- 4) **SPORTSMANSHIP:** I DO NOT CARE who said what or did what. Play tough, be tough, but be fair and be respectful to all adults including officials and coaches, teammates, and the other team...even if they are not!
If you get angry, channel it and use it to play harder and tougher...not dirty but harder and tougher
No negative attitude EVER

- 5) **OVERALL:** Work HARD, HAVE FUN, **LOVE THE GAME**, represent your coach and your school with pride

They Never Said it would be easy, they only said it would be worth it
(quote selected by former captain Brittany Afflerbach for back of Championship t-shirts 2013)

FINAL NOTE:

We need money. Plain and simple. The School's Student Athlete manual explains how post season awards are very limited unless the teams fundraise or purchase the items themselves. If we want any additional items such as jackets, we need to fundraise. We also need money to cover expenses such as field marking paint. Everyone has to do it for the team to be successful.

If you have questions, please email me or see me in school

Thanks

Keep Kickin'

Coach Corabi

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What to bring:

PRACTICE:

- You may wear any exercise, soccer, athletic or “gym” clothes you want
 - PREFERABLY Shirts that show team or school pride
 - Use your discretion length of shorts or types of tank tops
- You must wear shin guards at practice and games covered by socks.
PIAA RULE: shin guards MUST BE **2012 or later NOCSAE approved** with an engraved or, raised NOCSAE stamp on front (no tags)
- Cleats and sneakers (cleats should not have metal studs). A pair of sneakers should be kept in school if you are not wearing them in case we practice in gym.
- Bring your own drinks to practice (be smart.....no soda or energy drinks). Water will be provided at games but once school starts, I won't be bringing the big jug to practices every time.
- Water or sports drink. Water is best. Do not use soda or energy drinks for hydration

GAME DAY:

- Bring All uniform shirts, both pairs of socks and shorts and cleats
- **Wear your jersey to school on game days**
 - Purple jersey and purple socks= AWAY GAMES
 - White jersey and white socks = HOME GAMES
 - If you buy your own socks, they may not have any other colors on them except a small manufactures' logo
 - NO JOKE: Wrong socks.league will not let you play!

OTHER THINGS TO THINK ABOUT in terms of what to bring:

- **NO ear rings, piercings, bracelets, or any jewelry of any kind permitted on field during games.**
In the past, girls have covered their ear rings with band aids. The officials have indicated they are going to issue yellow cards and have you removed from the field if you do this.
- Only soft hair things like ponytail holders, scrunchies, ribbons, hair bands, etc.
- If you are cold and are playing AWAY, you may wear a long sleeve black shirt under your jersey
If you are cold and playing HOME, you **must** wear WHITE under your jerseys. No other color is acceptable at home games, league rules.
- Please wear a solid sports bra, some other type of tank top, or something people including me or other males can see **if** you need to change your shirt or receive basic first aid for a cut or scrape on the sideline
- Bring appropriate snacks for yourself for postgame/post practice (protein based if possible and fruit).
- We usually will not re-enter the building after returning to school from away games so bring school bags with you to games.