

LA SALLE PREP ATHLETICS – BOYS’ SOCCER

ATHLETICS DEPARTMENT MISSION STATEMENT

The mission of the La Salle Catholic College Preparatory’s Athletic Department is to educate student-athletes about the values associated with athletic competition and to help them reach their athletic potential. Student-athletes will represent the qualities of a Lasallian school to the community, while growing into men and women of excellent character.

LA SALLE PREP BOYS’ SOCCER PROGRAM

La Salle fields two soccer teams (JV and Varsity). Team sizes are generally 16-20 members each depending on the judgment of the coach.

HEAD COACH JOE FRIMPONG’S PHILOSOPHY

To educate, train and develop technical skills and tactical understanding of student athletes, emphasizing the core values of sportsmanship, accountability, teamwork and the value of disciplined work ethics. Tomorrow’s success is founded on today’s preparation.

COACH FRIMPONG’S BACKGROUND

Director of Coaching-Columbia Premier Soccer Club 98-04
President-Columbia Premier Soccer Club 94-97
Former Player-Southern Oregon University (SOC)
Head Coach-Fort Vancouver HS Girls Soccer 07
Head Coach U12-U15 Girls and U12-U18 Boys Teams-
Columbia Premier Soccer Club
National USSF “B” Coaching License

COACH FRIMPONG’S CONTACT INFORMATION

You may contact coach Frimpong by e-mail at
HeadVBoysSoc@lshigh.org or jo.frimpong@gmail.com

OPPORTUNITIES FOR PARENT VOLUNTEERING

Game Day Meal Coordinator/Distributor
Manager/Coordinator of JV Team Activities
Fundraising Activities Coordinator

GENERAL PRACTICE TIMES/COMPETITIVE SEASON

Soccer teams practice at the school and may practice on the weekend. Practice begins typically the third Monday of August with competition beginning typically the first Tuesday in September.

TEAM PRACTICE AND PARTICIPATION

Members of the teams are expected to be at all practices and competitions. If for some reason you cannot make it, please contact the coach as soon as you are aware.

ACADEMIC INITIATIVE

The coaching staff believes in both academic and athletic success at La Salle. To promote academic success of our athletes, the soccer teams spend time in-between school and practices to do homework and to seek academic support assistance. The time between practices is spent working on school work in Coach Ray’s classrooms. During this time, students also have access to teachers and peer Lead Student mentors to assist in answering academic-related questions.

EXCUSED/UNEXCUSED ABSENCE POLICY

Students are expected to make their studies a priority, but students are also asked to manage their time. Playing time and status on a team may be put in jeopardy with excused and unexcused absences. Absences the week of a contest or the day before a contest may result in an athlete losing a starting position or not competing in the next competition.

PROGRAM-WIDE RULES

The coach provides rules at the beginning of each season. If you have any questions, please consult the coach.

CUTTING POLICY

Soccer is a popular and demanding sport at La Salle. Tryouts occur the first week of practice in August and there are criteria for making the team.

LETTERING CRITERIA

In general, athletes that make the Varsity Team earn a Varsity letter. If a JV player is brought up in the post season and makes contributions to the program, they may be awarded a letter. An athlete must complete the season in good standing with the program in order to letter. Assigned Student Team Manager on the Varsity team may also letter.

EXPECTATIONS FOR STUDY HABITS

Athletes will be asked to be creative about their study habits. There is time for doing home work while the JV team plays, as well as during bus rides if one is physically able to do this.

PERSONAL CARE/SLEEPING/EATING CONCERNS

Athletes are expected to use smart nutritional practices. Athletes are asked to make sure they are eating breakfast every morning. In addition, when snacking, athletes are asked to use good judgment and limit their consumption of candy and soda. Please follow the food pyramid by including fruits, vegetables and grains in a well balanced diet and do not restrict yourself during the season. A growing teenager needs sufficient rest. In addition, with daily practices and competitions, a teenager's body consistently requires at least 7-8 hours of sleep per night to guarantee their body gets the rest and replenishment it needs.

RECENT SUCCESSES

Boys' Soccer had a great year in 2008 as the team went undefeated with a record of 12-0-0 in their league play to win the Capital Conference title. La Salle had nine all-league athletes and two were named to the all-state team. La Salle advanced to the semi-finals in the state tournament by defeating McLoughlin HS, the three time 4A State Champion at home 3-1 in the quarter finals and lost in double overtime to Cottage Grove in the semi-final game.

