



>Welcome!



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Players (1 of 2)

- Thank your previous coach for helping you get to where you are now
- The big 3 rules:
 1. Give your best effort
 2. Be enthusiastic
 3. Be respectful. Treat yourself, teammates, coaches, equipment and opponents with respect
- Love the ball!
 - Keep the ball or share it with your teammates
 - Treat the ball like a friend (or like a kitten – make it purr). Don't treat the ball like toxic waste!



Players (2 of 2)

- Mistakes are OK! Coaches are there to help you understand and learn from them. “Can you fix it?”
- Other rules:
 - Ball: Always bring your soccer ball
 - Hair: If you have long hair, wear something to keep it out of your face
 - Shoelaces: Keep them tied (or get [Caterpy laces](#))
 - Jewelry: Leave at home (exception: medical bracelets)
 - Uniforms: On game days, wear one and bring the other in case of unexpected color conflict
- Links: [practice session guidelines](#) / [game day guidelines](#)



Parents (1 of 5)

- Arrange to get your daughters to practices and games on time.
- Be your daughter's biggest fan, and the other girls' 2nd biggest fan.
 - We discourage "pay for play" incentives (such as \$ for scoring goals).
- Communication:
 - Stay informed: our [Junior Academy Girls web site](#) is our main communication channel, and we update it regularly.
 - Keep coaches informed (schedule conflicts, illness or injury).
- When fees are due, please pay them promptly.



Parents (2 of 5)

- Schedule conflicts and priorities: Family (#1), School (#2), Soccer (a distant #3).
- Be a fan instead of a coach or critic.
- The 5-hour request: I can manage the whole group if each family manages their own responsibilities.
- Links:
 - practice session guidelines
 - game day guidelines
 - coaching from the parents' sideline



Parents (3 of 5)

- It's a new soccer environment: we expect questions!
- Potential adjustment period for your daughter:
 - more fish
 - bigger pond
- Mix of ages:
 - 2015 U8s
 - 2016 U7s



Parents (4 of 5)

Differences between Junior Academy and rec:

- Players tend to be more aggressive (no “force field” defense).
- Players move as a team (no “stay back” defenders).
- Every player (including goalies) has attacking and defending roles.
- We expect players to think as they play. “Keep the ball, that’s our call. Scan, plan, play, that’s our way.” “Kick it” isn’t a good plan.
- Goalies are soccer players, not statues.



Parents (5 of 5)

Tips to be a great sports parent:

- Play with your daughter in the yard, but take the role of training partner, not coach. Link: [playing at home](#)
- Take her to watch a high-level game (such as Kennesaw State, the Atlanta Panthers or Atlanta United).
- [Reading list for being a supportive parent](#)



Uniforms



- NTH is entering the 2nd year of a 2-year uniform cycle. New players will need to order uniforms.
- Order through soccer.com. The ordering system should be ready in late June.
- Label generic items to minimize lost & found hassles! (Use a Sharpie and note initials and uniform number.)
- Link: [all about uniforms](#)



Equipment

- Soccer shoes: turf shoes and maybe cleats
- Soccer ball (size 3)
- Shin guards
- Optional home equipment: best bang for the buck is a rebound net or kick-back wall
- Link: [equipment](#)



Coaches (1 of 3)

- Ward Swain, Caitlin Walsh, older guest trainers
- We are teachers, not drill sergeants or dictators
- Goal: create a high energy, educational environment
 - We strive to blend learning with fun!
- Focus on individual skill development before team development
- Encourage healthy competition with yourself and others
- Every player belongs
- Keep it fun! (While keeping it focused.)



Coaches (2 of 3)

What we teach (soccer-specific):

- Ball control
- Dribbling: to escape pressure, to penetrate, and to create open space
- Ball striking and receiving
- Being a 2-footed player. We want each player to have a best foot and a second best foot, not a weak foot.
- Vision: scan, plan and play
- Basic attacking and defending principles of play



Coaches (3 of 3)

What we teach (mental skills):

- Confidence
- Motivation
- Determination
- Responsibility



Summer 2022 Schedule

- Break until Junior Academy Team Camp, August 1-4, 2022, after-school hours.
- Optional NTH summer training for girls program (link)
- Playing at home



Fall 2022 Schedule

- Team Camp the week of August 1, after-school hours
- Practices start August 8
 - UQP: Mon / Wed, 5:30 - 6:45 PM
 - MNP: Tue / Thu, 5:00 - 6:15 PM
 - Weekly goalkeeper training
 - Open door policy between the two locations
- Game days start the weekend after Labor Day
- Regular weekly games run through the weekend before Thanksgiving
- Halloween Soccer Shocker costume party (late October)



Game Days (1 of 3)

- Main game format: 5v5 (4 field players, 1 goalkeeper)
- Schedule: A mix of intra-Academy games, games against other NTH teams, and occasional games against other Atlanta-area clubs.
- Most game days are on Saturdays. We may have an occasional Sunday afternoon game day.
- We divide our player pool into several teams. Each team plays one game.



Game Days (2 of 3)

- Team rosters change from week to week. Link: [levels of play](#)
- We assign and post team rosters on our Junior Academy web site each Monday prior to the weekend games.
- Games are usually scheduled 75 minutes apart.
- If our schedule lists game times as “9:00, 10:15, 11:30,” you’ll know by Monday night whether your daughter is in a 9:00, 10:15 or 11:30 game. Link: [sample game day page](#).
- See [game day link](#) for full details.



Game Days (3 of 3)

Playing style:

- Keep the ball. Dribbling is the foundation skill in soccer, so we teach and encourage creative dribbling! Dribbling to escape pressure and keep possession, speed dribbling to attack space, and dribbling to create open space.
- The ball: is it your friend, or is it toxic waste?
- Soccer (thinking) vs. kickball (random)
- Scan, plan, play. Players learn to make their own decisions.
- Ball possession vs. field position: we'd rather possess the ball near our own goal than just randomly kick it toward the other team's goal.
- Goalies are soccer players, not statues.



Communication (1 of 2)

- Junior Academy Girls:

- Web site: www.nasaacademygirls.org. Check once a week during the off-season, twice a week in-season. Tip: Bookmark our News page: <https://www.nasaacademygirls.org/nasa-tophat-junior-academy-girls/news/>.

- Twitter feed: <https://twitter.com/nasajracadg> or @nasajracadg. Used for late breaking schedule changes, usually weather-related, and brief event previews or recaps. Takes priority over NASA Tophat channels. You don't need your own Twitter account to view our Twitter feed.

- Group e-mails: 1-2 pre-season, maybe 1-2 during the season

- NASA Tophat:

- Web site: www.nasatophat.com

- Field status: www.nasatophat.com/fields



Communication (2 of 2)

- Channel priority:
 - 1.Junior Academy Girls Twitter
 - 2.NASA Tophat field status
- Communicating with coaches:
 - Use e-mail for basic info, such as “Susie has a school performance Tuesday.”
 - Meet face to face for anything best suited for a conversation, such as “Susie is worried that she isn’t scoring as many goals as the other girls.”
 - The best time for a conversation with a coach is after a practice session, not before or during practice, and not on game days.
- Link: [communication channel details](#)



NASA Tophat

Who are we?



Programs

- Little Kickers: U4 through U5
- Recreational: U6 through U19/U20
- TOPS: The Outreach Program for Soccer
- Junior Academy: U7 & U8
- Academy: U9 through U12
- Select: U13 through U19/U20



The NTH name

- NTH = NASA Tophat
 - NASA = North Atlanta Soccer Association
- NTH-Tophat refers to the girls side
 - NTH-Tophat Marietta refers to the Metro North Park and United Quest Park Locations
- NTH-NASA refers to the boys side



Staff

- Dave Smith: Executive Director
- Ted Colburn: Technical Director / Girls Academy Director
- Stevie Nuss: NTH Registrar
- Randy Bowman: Facility Manager
- <https://www.nasatophat.com/staff>



Locations

- Metro North Park
- United Quest Park
- Noonday Park
- J. J. Biello Park
- Tophat (Buckhead)
- Other NTH locations (Milton, Smyrna)



Registration

- Pre-requisite: register for tryouts:
www.nasaacademygirls.org/about/registration/.
- Online via www.nasatophat.com or via a link from Registrar Stevi Nuss's e-mail
- Payment: pay in full option (\$1175) or installment plan Link: [fees](#)
- Parents agreement and code of conduct
- Players agreement and code of conduct
- Questions? Contact Registrar [Stevi Nuss](#)



Paperwork

- Player's birth certificate
- Notarized medical consent form
- How to submit: submit on-line to Got Sport



Fees (1 of 2)

- Main fees are paid to NASA Tophat and cover:
 - Player registration
 - Coaching fees for fall and spring
 - Fall 2022 and spring 2023 regular season games (usually 8-12 per season)
 - Capital improvement fee
 - Academy team camp



Fees (2 of 2)

- Uniforms: a separate fee
- In-house Junior Academy Girls fees (collected once per season)
 - Tournaments: ~\$60-80 per player per tournament. (We typically only play one tournament each year.)
 - Web site: ~\$5 per player per season
 - Admin costs: web site hosting, player passes, records binder, game day mini rosters: ~\$5 per player per season



Winter 2022-2023 Schedule

- Winter break starts the week of Thanksgiving and runs through early February
- We encourage girls to try other activities
- Optional NTH winter training for girls program ([link](#))
- Weather permitting, we usually try to schedule two informal scrimmage days:
 - New Year's Eve or New Year's Day
 - the King Holiday



Spring 2023 Schedule

- Practices likely start January 30 or February 6
- Game days start the first weekend in March
- Regular weekly games run through the mid May
 - Limited or no games during the weekends before and after Cobb school spring break
- We likely finish our year by playing in the NTH Adidas Cup tournament the weekend before Memorial Day weekend



Volunteers

- Manager:

- Creates our team binder and player passes
- Handles NASA Tophat communication to Junior Academy families

- Social director(s): organizes 1-2 events per season

- Treasurer: collects fees to cover our in-house expenses (an on-line account makes this much easier than collecting checks)

- Photographer / videographer: group photos, game day photos or videos

- Tournament coordinator(s):

- Makes sure applications are submitted on time
- Collects signatures on release forms
- Handles tournament check-in
- Keeps up with scores and standings



Q & A

- How many teams, how many players per team, how much playing time?
- Regular season games
- Tournament play
- Will my daughter play with Susie?
- Link: [frequently asked questions](#)

