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#MEETYOURCOACH

Rich Hickson Girls Varsity Program

EXPERIENCE

- New Canaan Girls Varsity Coach 2016-Present
- Brien McMahon Girls Varsity Coach 2012-2015
- Westhill HS Assistant Varsity Coach 2008-2011
- New Canaan travel coach 2016-present
- CFC Arsenal Coach - 2011-Present
- UK Elite Soccer 2014-2016
- NOGA Soccer 2006-2014

QUALIFICATIONS

- NCAA Advanced National diploma
- NCAA National diploma
- USSF 'E' License
- FA Level 1 & 2 Coaching Licenses

Rich came to America to coach in 2006 and since then has been involved in developing youth soccer players of varying age, level and ability.

Before this he played soccer competitively in England from a young age, culminating in playing 3 years at Leeds Trinity University. While studying to receive his degree in Sport, Health, Leisure and Media he coached locally for Leeds United Football Club.

Rich has coached in New Canaan for the past 8 years with varying youth teams and the high school program. Previous to this he has coached in Westchester and varying town programs in CT.

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#MEETYOURCOACH

Luke Green Boys Varsity Program

EXPERIENCE

- New Canaan HS Boys: Varsity Coach 2017-Present
- New Canaan HS Girls: Freshman Coach 2016-2017
- University of Bridgeport, Womens' Soccer: Assistant Coach 2016-2017
- New Canaan FC: Director of Coaching 2013-Present
- UK Elite Soccer 2012-2020
- International Sports Training Camp, PA: Athletic Director 2010-2013

QUALIFICATIONS


- UEFA B Licensed, FAW
- BA (Hns) Sports Coaching & Performance
- USSF, National Youth License
- USSF, Licenses (C, D, F & Grassroots)
- FA Level 1 & 2 Coaching Licenses
- NCAA Advanced National Diploma

Prior to joining NCHS & New Canaan FC, Luke completed his University studies in the UK. From a young age he played 'Football' in the UK at State and University level. Having moved to the US, Luke worked as Athletic Director for a Sports Training Camp in Pa, before moving to coach in Westchester County for UK Elite Soccer and was integral to their Corporate National Events Program.

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HIGH SCHOOL ATHLETICS

- RAMS CORE VALUES
- REGISTRATION
- SEASONAL SPORTS



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RAMS CORE VALUES

RESPONSIBILITY: TO TEAMMATES, SCHOOL AND COMMUNITY

ACCOUNTABILITY: FOR YOUR ACTIONS AND DECISIONS

MOTIVATION: SEEK EXCELLENCE, NOT PERFECTION

STRENGTH: POSSESS CHARACTER TO ACT WITH HONOR AND CONVICTION




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REGISTRATION PLATFORM - FAMILYID

**PROGRAM
DETAILS:
HOW TO REGISTER**

1. REGISTER YOUR ATHLETE ON WWW.NCRAMS.COM CLICK ONLINE REGISTRATION THEN SELECT NCHS TEAM
2. REVIEW ALL INSTRUCTIONS ON THE WEBSITE.
3. SUBMIT YOUR COMPLETED HEALTH ASSESSMENT FORM TO THE ATHLETIC OFFICE.
 - NCHS REQUIRES A COPY OF MOST CURRENT PHYSICAL EXAM ON FILE TO COMPLETE REGISTRATION.
 - PLAYERS CANNOT TRYOUT WITHOUT THIS ON FILE. ATHLETIC OFFICE CONTACT (203)594-4639 OR NCHSATHLETICS@NCPS-K12.ORG..
4. REVIEW THE STUDENT/HANDBOOK ON WWW.NCRAMS.COM FOR DETAILS ON ATHLETIC POLICIES.



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**SEASONAL
SPORTS:
DEFINED**

FALL
AUG - NOVEMBER

WINTER
NOVEMBER - MARCH

SPRING
MARCH - JUNE



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HIGH SCHOOL ATHLETICS

**THE
SOCCER
PROGRAM**




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THE SEASON: AUGUST – OCT/NOV

PRACTICES & GAMES
EVERY DAY AFTER SCHOOL. OCCASIONAL SATURDAY
COMPETITIONS
DISTRICT (FCIAC) & CT STATE (CIAC) CHAMPIONSHIPS
FCIAC - FAIRFIELD COUNTY INTERSCHOLASTIC ATHLETIC CONFERENCE
CIAC - CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE



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TEAM BREAKDOWN: FRESHMAN / JV / VARSITY

FRESHMAN	JV	VARSITY
19 TO 22 PLAYERS	19 TO 22 PLAYERS	19 TO 28 PLAYERS

NCHS Coaching Staff and Athletic Department routinely evaluate best roster sizes for each team and reserve the right to amend this at any time.




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TEAM BREAKDOWN: FRESHMAN / JV / VARSITY

FRESHMAN	JV	VARSITY
12-15 GAMES	12-15 GAMES	15/16 GAMES + PRE-SEASON + POST SEASON

FIRST COMPETITION DATES: 9/3 & 9/4



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HOW TO PARTICIPATE: NCRAMS.COM

TEAM REGISTRATION
NCRAMS.COM / FALL SPORTS – COST \$0

TEAM DUES - \$200-\$300
TEAM KIT/SWAG – \$100-200 LINKS TO BE SENT OUT



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THE SEASON: GEAR / UNIFORM

GAME ATTIRE (PROVIDED BY SCHOOL)

- **HOME & AWAY JERSEYS & SHORTS. *RED AND WHITE SOCKS NOT PROVIDED***

PRACTICE ATTIRE (PROVIDED BY FAMILY)

- **PRACTICE JERSEYS (GREY & RED), BLACK SOCCER SHORTS, BLACK SOCCER SOCKS.**
- **IN INCLEMENT WEATHER RAIN JACKET, ATHLETIC PANTS.**
 - **ADDITIONAL PLAYER SWAG & TRAINING KIT**




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TEAM PLACEMENT EXPECTATIONS: INCOMING FRESHMAN

WORK HARD
SHOW YOUR QUALITY

YOU ARE AT THE START OF YOUR HS ATHLETIC JOURNEY
YOU ARE COMPETING AGAINST 3 OLDER / EXPERIENCED GRADE FOR PLACES
BE HAPPY TO BE SELECTED ON A TEAM IN THE PROGRAM
FRESHMAN IS FIRST STEP ON YOUR HIGH SCHOOL ATHLETIC ATHLETIC RESUME
USE THE NEXT 3 YEARS TO ACHIEVE THE GOALS YOU WANT
HS IS A BIG TRANSITION AND YOU HAVE A LOT OF NEW THINGS TO LEARN, THE SOCCER PROGRAM SHOULD BE A POSITIVE STEP IN THAT GRADUATION TO HIGH SCHOOL



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NCHS SOCCER PROGRAMS

PROGRAM HISTORY



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PROGRAM HISTORY

GIRLS VARSITY PROGRAM

- ✓ QUALIFIED FOR THE FCIAC PLAYOFFS CONSISTENTLY FROM 2009-2012 AND MORE RECENTLY 2018, 2021, 2023
- ✓ QUALIFIED FOR THE STATE PLAYOFFS CONSISTENTLY FROM 2009-2021
- ✓ QUARTER FINALISTS IN 2017 & 2019 STATE CUP COMPETITION
 - ✓ WON THE STATE CUP IN 2009
 - ✓ FCIAC FINALISTS 2018
 - ✓ FCIAC SEMI FINALISTS 2019
 - ✓ FCIAC WEST REGION CHAMPIONS 2020
- ✓ GRADUATED PLAYERS TO COLLEGE SOCCER PROGRAMS '16, '18, '20, '23, '24
- ✓ COLLEGE PROGRAMS INCLUDE – CORNELL, TUFTS, WAGNER & LEHIGH



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PROGRAM HISTORY

BOYS VARSITY PROGRAM

- ✓ QUALIFIED FOR THE FCIAC PLAYOFFS IN 2020, 2022 SEASONS
- ✓ QUALIFIED FOR THE CIAC STATE PLAYOFFS IN 2022 SEASONS
- ✓ QUALIFIED FOR THE FCIAC PLAYOFFS CONSISTENTLY FROM 2009-2012
 - ✓ WON THE STATE CUP IN '06, '05, '10
 - ✓ FCIAC CHAMPIONS '84, '97, '05
 - ✓ FCIAC EAST REGION CHAMPIONS '84, '72, '01-'06, 09
 - ✓ FCIAC EAST SEMI FINALISTS 2019
- ✓ GRADUATED PLAYERS TO COLLEGE SOCCER PROGRAMS '21, '22, '23
- ✓ COLLEGE PROGRAMS INCLUDE – DENISON, COLORADO COLLEGE & CMSV



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NCHS SOCCER PROGRAMS

- **PREPARATION**
- **TRYOUTS**
- **TEAMS**
- **EXPECTATIONS**



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TRANSITION MEETING

**OPEN INVITATION TO WINTER
& SPRING PROGRAMS**

SUMMER PROGRAMMING

**PROGRAM
DETAILS:
PREPARATION**

PLAY / RUN / LIFT



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**PROGRAM
DETAILS:
TRYOUT PROCESS**

TRYOUTS
AUGUST 19, 20, 21
SAXE MIDDLE SCHOOL / CONNER FIELD

TWO SESSIONS PER DAY
BOTH AFTERNOON.

PLAYERS WILL BE EVALUATED ON:

- ATTITUDE
- EFFORT
- FITNESS LEVELS
- TECHNICAL ABILITY
- TACTICAL KNOWLEDGE
- GAME EFFECTIVENESS



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**PROGRAM
DETAILS:
TRYOUT PROCESS**

PLAYERS WILL CHECK IN AT THE BEGINNING OF EACH SESSION AND RECEIVE THEIR ASSIGNED TRYOUT NUMBER.

PARENTS AND/OR SPECTATORS ARE NOT PERMITTED TO STAY AND WATCH.

COACHES FROM EACH PROGRAM WILL EVALUATE ALL PLAYERS IN ATTENDANCE BEFORE CONSIDERING TEAM ROSTER NEEDS AND MAKING FINAL DECISIONS.

ROSTERS WILL THEN BE ANNOUNCED WITHIN 24 HOURS OF THE FINAL TRYOUT FINISHING.

ALL PLAYERS MAY NOT BE PLACED ON TEAMS

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FITNESS EXPECTATIONS

COOPER 12 MINUTE RUN

BOYS		Girls	
GOLD	7	Gold	7
BRONZE	5	Bronze	5

MAN UTD TEST

BOYS		Girls	
GOLD	20	Gold	14
BRONZE	14	Bronze	12

BEEP TEST

BOYS	
GOLD	12
BRONZE	7

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**PROGRAM DETAILS:
HOW TO PREPARE:
THE SUMMER**

SUMMER PROGRAMS'

- 6-WEEK PROGRAM
- OPEN TO ALL PLAYERS 9TH THROUGH 12TH GRADE
- DATES - JUNE 17TH THROUGH JULY 26TH
- DAYS - TUESDAY, THURSDAY, AND FRIDAY
- TIMES – 6:00-7:30PM
- LOCATION - WTT3

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**PROGRAM
DETAILS:
HOW TO PREPARE:
THE SUMMER**

BOOSTER CLUB PRE-SEASON CAMP

- DATES – AUGUST 14TH THROUGH 17TH
- OPEN TO ALL PLAYERS 9TH THROUGH 12TH GRADE
- TIMES – 4:00-7:00PM (9:00AM-12:00PM ON 17TH)
- LOCATION - SAXE MS

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COMMUNICATION

SPORTSYOU

GIRLS SOCCER 2024 – FELUEUEZ

BOYS SOCCER 2024 - 72Y6EY32



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CONTACTS

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ATHLETICS - nancy.ward@ncps-k12.org
ATHLETIC DIRECTOR - jay.egan@ncps-k12.org



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INSTAGRAM



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