

MUHLENBERG MEN'S SOCCER

“NIL SATIS NISI OPTIMUM!”



ONLY THE BEST WILL SATISFY!

Muhlenberg men's soccer has an enviable history that includes 12 NCAA Tournament bids (including a trip to the NCAA Final Four in 1995), five Centennial Conference (94, 95, 97, 03, 05) championships, two Middle Atlantic Conference championships, three ECAC South championships and five MAC South championships.

Since 1989, we have earned postseason berths in 12 of 18 seasons, including 10 bids to the NCAA Tournament. Our current streak of 21 consecutive non-losing seasons is the 10th-longest in Division III..

In the 37 years of competition since 1967, we have compiled a remarkable record of 446-203-55 (.673).

Centennial Conference Record 1993-2007

Muhlenberg 101– 32 – 9 for a .734 winning percentage.

We have finished first or second in their conference (or division) in all but four seasons since 1987.

RESPECT

- COACHING STAFF
- TRAINING STAFF – This is not a lounge area and they don't give messages
- EQUIPMENT ROOM STAFF
- TEAMMATES – You don't all have to be friends off the field, but you will respect each other.
- OPPONENTS
- REFEREES – Absolutely no talking to the refs! We need you focused on your job! It's our job and the captains job to talk to the refs!
- YOUR BODY!- Nutrition/Hydration/Drugs/Alcohol/Tobacco/Sleep
- WOMEN

COACHING STAFF

- If you want to be treated like an adult, make sure you are acting like one!
- The coaching staff might get on you during practices and games. This does not mean we don't like you, but it is our job to get the most out of all of you. It is not personal, so don't take it that way. What ever happens on the field stays on the field.
- What happens within our team stays within our team! No need to air out our dirty laundry, injuries, etc. to friends on other teams.
- The coaching staff is here to help you achieve success on and off the field. Individual coaching sessions are available upon requests!
- "It's not what you do when the coach is looking, It's what you do when he isn't!"

PLAYER EXPECTATIONS

- DON'T BE LATE! If you're on time, you're already late! Try to get out to practice 15-20 minutes before practice actually begins.
- Give an honest effort every time you step on the field. Don't be good, be great!
- All recruited athletes get 1 year to prove themselves, after that you must make it on your own!
- What happens on the field at practice stays on the field! We are all on the same team and working towards the same goal!
- We will play the best 11 players at all times! Playing time is not guaranteed! The only thing that is guaranteed is a Great Education!
- You are expected to lift 2x's per week during the season to maintain strength and prevent injuries. This is done on your own time.

INJURED PLAYERS

- See training staff immediately! Small injuries (blisters, cuts, sprains) can become big injuries in a hurry!
- Training room is not a spa! Get in and out! The longer you are in there, the less time you have to make an impression on the coaching staff!
- Treatments are done through appointment only with training staff and done on your own time, **NOT DURING PRACTICE HOURS!**
- All injured players are expected to come out to practice on time and participate in some capacity! (500 club, shagging balls, watching & learning formation, set pieces, etc.)
- The coaching staff will not chase after injured players! It is your responsibility to get treatment, get healthy, inform the coaching staff and get back on the field as quick as possible!



LIFESTYLE

- PROPER SLEEP
- NUTRITION/HYDRATION
- ALCOHOL/DRUGS/TOBACCO



NUTRITION/HYDRATION

- If you don't know what you should be eating – ask the coaching staff! Leave the wing and French fry bar to the football team.
- You should have a good meal the 2 nights leading up to a game.
- The most important times to hydrate are before and after practice. If you are only hydrating during practice you will cramp up!
- Water & Gatorade, stay away from sodas and drinks high in sugar!

ALCOHOL & DRUGS

- True athletes don't drink during the season!
- No drinking during the week! If your under 21 you shouldn't be drinking at all!
- If you see a teammate on his way to getting way too drunk, cut him off, take his car keys and take him home!
- Once he gets home make sure he is ok or get him help (RA, campus safety, et.) Don't just leave him lying on his back to pass out! He could choke on his own vomit! If really bad, take him to the emergency room!
- USING DRUGS OR TOBACCO IS UNEXCEPTABLE AND GROUNDS FOR IMMEDIATE REMOVAL FROM THE SQUAD. THIS IS NON-NEGOTIABLE!
- If you want to be a pot-head you came to the wrong team! We don't want you no matter how good of a player you are!

SEXUAL ASSAULT

- Most sexual assaults at college take place with the presence of alcohol.
- If you see a teammate leaving with a girl who is **clearly drunk** advise him otherwise.
- If you have a sister, how would you want her to be treated! This is how you should treat other women!

HAZING

- There will be no hazing on this team. Hazing does not help team bonding and will only lead to trouble. Hazing is grounds for immediate removal from the team!
- No horse play in the dorms. A college player just died from a teammate shooting a bottle rocket under his door. It caught something on fire and he couldn't escape!

HOSTING RECRUITS

- Never talk bad about the program, if you do, you won't be part of it very long! "If you don't have anything nice to say, don't say anything at all!"
- It's not that we don't like you, but we must always try to recruit someone better than you to achieve continued success!
- If you are worried about your spot on the team – WORK HARDER and IMPROVE!
- Show recruits a good time, but not too good!
- A recruit that gets in trouble on a visit has just been rejected from Muhlenberg! They will not take kids that have already been in trouble on campus.
- We need Depth to win a National Championship!

DRESS CODE



- Travel Code: Shirt, Tie, dress shoes
- (no sandals or sneakers), belt, slacks (no cargo pants), blazer if you have one!
- Practice gear: you are to wear the practice gear that is issued. If your shirt, shorts, or socks are ripped go ask for a new item.
- No hats when traveling!
- You are representing Muhlenberg College & the Men's Soccer Program when traveling!

HOW TO TALK TO YOUR PARENTS ABOUT PLAYING TIME!

- PLAYING TIME IS NOT GUARANTEED! ONLY GUARANTEE IS THAT YOU WILL GRADUATE WITH A GREAT EDUCATION!
- Parent “ why aren’t you playing?” Your response – “the guys in my position are really good!” or “ I’m not in shape right now!” or “I haven’t been playing that great right now.
- Parent “ I’m going to email or call your coach to see why you are not playing!” Your response – “Coach will not talk to parents about playing time, that is my responsibility!”
- If a parent does call or email the coaching staff. You will be called into my office and be told that a parent has contacted us about playing time. You will then be told to tell your parents that I won’t be responding to their call or email. **DON’T LET IT GET TO THIS, TELL YOUR PARENTS THEY SHOULD NOT CONTACT THE COACHING STAFF REGARDING PLAYING TIME!** It is your responsibility to speak with the coaching staff!

DUTY GROUPS

- There will be 4 duty groups.
- Each group will have a captain who is in charge of the group and handing out duties.
- Groups will rotate the duties each week.
- If a group forgets a duty they can be given more time on duties.
- Example: Group 1 is on and they forget to pump up the balls. They will stay on duties an extra day, essentially giving group 2 one less day in their week.
- 3 off groups police the group that is on!

Duty Captains and Groups

1. BRICK – Assous, Dalton, Jones, Miller, Beal, Leasure, Daniels
2. HAYDEN – Bennett, Dyer, Kliwer, Rimmele, Cecconi, Rubin, Wrynn
3. STEINER – Boyd, Gehrmann, Leischner, Tenenzapf, Fletcher-DeNovellis, E. Williams
4. Barnold – Carroll, Gonzalez, Lichtenwalner, Weseloh, Gogel, Harshey, M. Williams





DUTIES



- Balls – 2 bags, make sure they are blown up for every practice! For every ball we lose we do 10 sprints!
- Cones – disc & tall
- Bibs – 2 bags 4 colors – Y, B, G, B
- Waterbottles – will need to fill them before practice!
- Goals – need to get the key from one of the coaches and unlock goals at county fields.

Extra Duties will be assigned before games!



TEAMWORK!



Teamwork!.url



GEESE TEAMWORK!.url

MUHLENBERG MEN'S SOCCER
2007 - 2008 TEAM GOALS
WINNING "HERE WE GO!"

The motto of the Muhlenberg College men's soccer program is:
NIL SATIS NISI OPTIMUM! – **ONLY THE BEST WILL SATISFY!**

The application of this principle defines who we are and why we come together everyday as:

MUHLENBERG SOCCER!

Enhance our professional environment where honesty, loyalty, integrity, accountability, commitment, hard work and open communication are the standard on and off the field.

- Continue to recruit and bring in the top student athletes available.
- Continue to excel in the classroom with a team GPA above a 3.0

Coach and train the fittest, most mentally tough group of student athletes in the county!

- Implement a year round fitness program.
- Have players that are willing to fight through training sessions that challenge them physically, mentally and psychologically.
- Demand quickness of thought and accuracy in decision making.
- Excellence in Execution of technical skills.

Coach the hardest working, most committed student athletes in the county.

- Always walk off the field knowing you gave it everything!

COMMITMENT TO GREATNESS!

Win the Centennial Conference Regular Season & Conference Tournament

WIN THE NCAA DIVISION III NATIONAL CHAMPIONSHIP!

5 Student Athletes recognized for All Conference, All Regional & All-America Recognition



INDIVIDUAL GOALS

- Make an impact on team
- Improve from last season
- Make travel squad
- Make substitution role
- Win a starting role
- All CC team
- Lead CC in scoring, assists, fewest goals against (goalie & defense)
- All Mid Atlantic
- All American



PETER BENNETT
2007
ALL AMERICAN


ACCOMPLISHING MY GOALS

QUESTIONS TO ASK YOURSELF:

- Have I maxed myself out every time I step on the field?
- Have I done more than my teammates or opponents? (lifting, running, nutrition), early morning workouts
- Have I done functional training on my own to make myself better at my position? (flanks-crossing, backs-driven balls, forwards-receiving balls with back to goal)
- Does my lifestyle permit me to attain my goals?

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A close-up photograph of a hand holding a pen, poised to write on a document. The lighting is dramatic, highlighting the texture of the paper and the grip of the hand. The background is dark and textured.

THE
ONLY
TIME
YOU'LL FIND
SUCCESS
BEFORE
WORK
IS IN
THE
DICTIONARY.

SUCCESS
SUCCESS
SUCCESS

GOOD TO GREAT!



GOOD TO GREAT! FOOSBALL.url

2008 Fall Schedule

- Nuemann College
- William Patterson University
- @ NYU
- Wilkes University
- Moravian College
- Franklin & Marshall College
- Elizabethtown College
- Gettysburg College
- @Dickinson College
- @Johns Hopkins University
- @DeSales University
- Washington College
- Drew University
- @McDaniel College
- @College of New Jersey
- Haverford College
- Swarthmore College
- @Ursinus College

2008 SCHEDULED NCAA TEAMS

- NYU
- F&M
- DICKINSON
- HOPKINS
- DESALES



HAVE YOU GONE THE EXTRA DEGREE?