

Dear Academy Parents and Students,

February 12, 2010

I would like to say how exciting it is to be returning to Harrisburg Academy to coach the Middle School Girls' Soccer team. My name is Konstantinos Tsitsios (pronounced Chee-Chee-ose), or "Dino" for short. As some of you may have guessed, I come from a Greek family. I was born in Denver, Colorado and moved to Greece when I was only a few months old. In 1991, I moved back to the United States to my home in Millersburg, Pa. I attended Millersburg High School, graduating with the class of 2000. While in high school, I participated on the varsity track and field team for four years. In addition, I was a four-year starter on the varsity soccer team. Soccer has always been a part of my life and an important part of my family's life. I have kept active in soccer leagues after high school, and I am very excited to have an opportunity to share this passion for the game with all of you!

Initially, one of the reasons why I was very excited to become part of the Harrisburg Academy soccer program was because it is a small, close-knit school, just like Millersburg High School. After my first year with Harrisburg Academy, the expectations I had were exceeded and I was excited about the opportunity to return for the spring season.

I am also very excited to introduce my assistant coach, Elizabeth (Liz) Barder. Liz is a middle school teacher and a mother of two children, Gracie and Matthew. Liz has been active in soccer her entire life, playing for Cumberland Valley High School and Bloomsburg University. She continues to play competitively for the Harrisburg Area Women's Soccer Association. Together we hold the same values and beliefs that make for strong players and a healthy team atmosphere.

We will prepare everyone for future game play at the next level. Regular starters will be selected; however, they will not be given special treatment or chosen only by skill. It will also include the player's attitude, leadership ability, commitment to the team, and absences. I expect that each player must work hard on improving her game as well as her performance in the classroom. I expect everyone to put the best interest of the team first, before any individual accomplishments. There is no individual, coach, or player that is more important than the team.

My main goal is to see marked improvement in each individual by the end of the season. I want each player to have a better understanding of how the game is played. Players should also set specific goals for themselves. These goals should be challenging enough to really push themselves beyond their own expectations. Also, I would like to see each individual improve her skill level as well. If every player on the team is at a better skill level than where they started, I will consider it to be a very successful season, regardless of our record.

All players are expected to be on time, dressed, and ready to practice from 3 to 5 p.m. (non-game days). I know that can be difficult at times, but it is hard to conduct practice when players are tardy. If you know that your child will be late or won't be able to make it

to a practice or a game, please let me know in advance by calling my cell phone at 717-460-6263 and leaving a message. Another option is contact Coach Liz (717-645-5832).

On a final note, I have gone into great detail about the goals that I have for this team, but I do not underscore the importance of having fun! I want everyone to be happy and enjoy the game of soccer while working hard. I look forward to having a fun and rewarding season with all of you! If you have any questions or concerns, please do not hesitate to contact me any time.

Thank You,

Coach Dino
Coach Liz