



**FAMILY
WELCOME
GUIDE**



**You and your daughter
are about to have an
amazing experience!**



We build:



Athletic skills



Self-esteem



Parental bonds



Love of reading



Hot Shots is unlike any sports program you have ever experienced. We build girls' self-esteem, athletic skills, love of reading, and parental bonds in a supportive, fun-filled, non-competitive environment. Since 1995, more than 5,000 girls have graduated.

Over the last 25 years, we have been using puppets, parachutes, pillow fights, squirt guns, and other unique tools to help girls learn soccer skills, have fun, and find the courage to try new and often difficult things. We play unique, silly games that appeal to girls' imaginations, demonstrating that learning can be fun. Unlike almost every other youth sports activity, parents participate in every activity, putting on tutus, becoming horsies, being butterflies, etc. There is no competition. No girl is ever put in a situation where her skill level might embarrass her or one of the other girls. The only "competition" is within each girl. We challenge each girl weekly to push herself to try something new to improve her skill set.

We also strive to build a sense of belonging and of being special. At the beginning and end of each session, we sing a Hot Shots song, do a special Hot Shots cheer, and introduce several girls to the group, learning about each girl's favorite things and why they are special.

We are very proud of the results of the Hot Shots experience. Of the parents surveyed, more than 90% report amazing impacts: 98% said their girls became more self-confident; 98% became more at ease in social settings; 94% became more willing to try new things; 92% became more independent; and 92% became more fond of books & reading

To create a culture of pride, we use strong women role models as coaches, including high school and middle school girls, many of whom are top-level soccer players and many of whom are dancers, artists, theater geeks, etc. The common denominator is that all of them love helping young girls build their self-esteem, and they are very good at it, as you will see.

Hot Shots also builds girls' love of reading. We have a storytime every week, using large-format books (5 feet across) and have 1,300 children's books in our own Hot Shots "library". We assemble book bags every week with five books for the girls to take home and read.

The sale of Hot Shots souvenirs funds our "Reading Is A Kick" program that has donated roughly \$20,000 worth of books to Marshfield's five elementary schools.

At a time when our daughters are subjected to so many confusing and demeaning influences, Hot Shots strengthens girls' self esteem and self-image, helping arm them for the challenges ahead. Given the importance of family in a girl's development, we also build bonds with their parents. And we have a heck of a good time every Sunday to boot!

— Founder and Coach John Wilpers

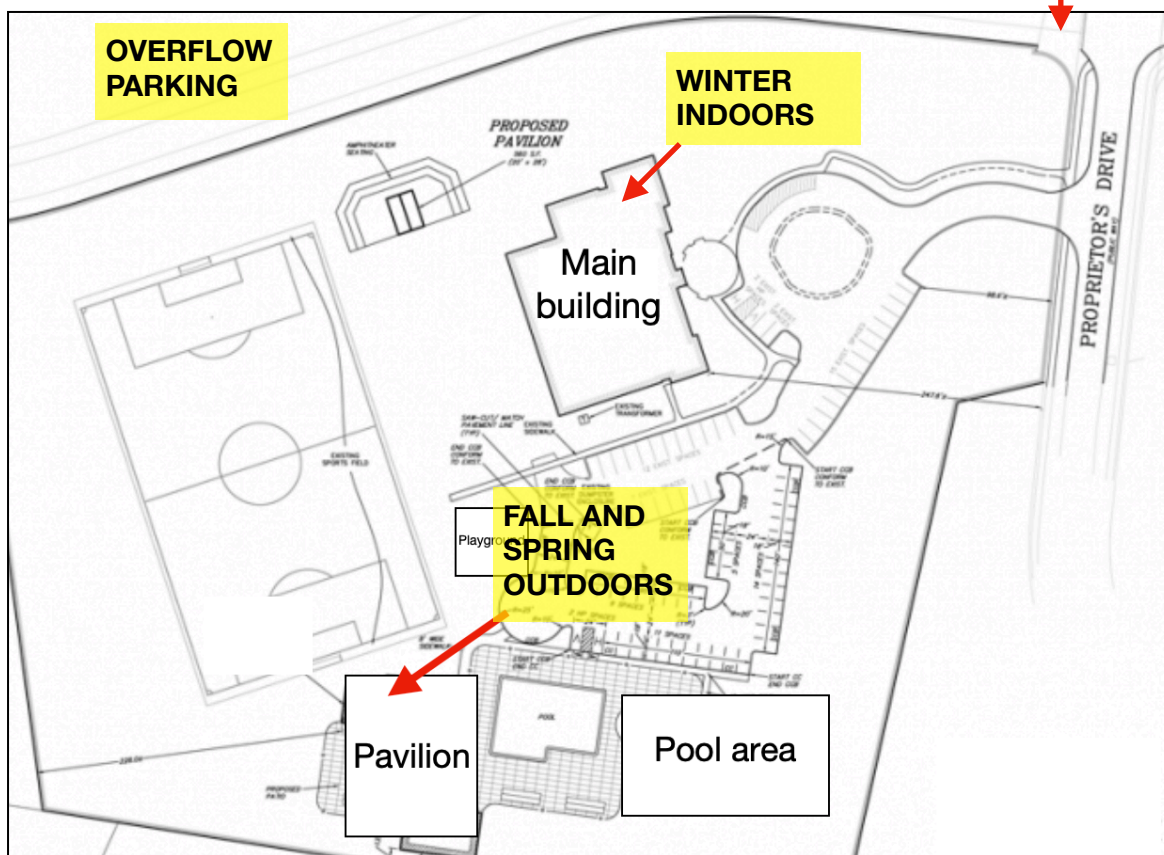
THE DETAILS

WHERE: The Boys & Girls Club of Marshfield, 37 Proprietors Drive, Marshfield, 02050

Fall & Spring: Outdoors at the Pavilion beside the pool & in the adjoining fields

Winter: In the Club gym

Parking: There is parking all around the club, but in the fall and spring, it can get crowded, so there is overflow parking north of the club. If there are no spaces, go back out to Proprietor's Drive, turn left and then left again quickly on a gravel road going back to the overflow parking, You'll see the fields and can walk through the brush to get there.



WHEN: Fall, winter, and spring Sundays. 10 weeks each. Sessions are at 9,10, and 11 AM for all ages (with no competition, all ages attend all sessions) Fall of 2021: Sept. 12-Nov. 14

WHO: Any South Shore girl from age 2-6

WHAT: Soccer skills used as a vehicle to build self-confidence and parental bonds

HOW MUCH: \$160 per girl. There's a 10% discount each for second and third daughters

COVID-19 & SAFETY

As part of the Boys & Girls Club, we are following the Club's guidelines, which follow the state guidelines for schools.

So, as of Sept. 9, we are not requiring masks outdoors.

We are, however, encouraging mask use when you are in close proximity to others not in your family.

If you're interested, we have lovely Carolina blue Hot Shots masks (see pic below) free for the asking!

I and my coaches will be wearing masks when we are in close proximity to your daughter(s). So when I am doing introductions, holding a microphone for them to speak into I will be masked. Similarly, when the coaches or I kneel down next to your daughter to help her with a soccer skills, we will pull on our masks.

Out of an abundance of caution, we will not be going indoors if it rains as many parents have expressed a reluctance to do that.

We also strongly encourage that adults in your party get vaccinated. We also encourage you to get tested before you come and after you leave. I will be doing that and encouraging my coaches to do the same.



FREQUENTLY ASKED QUESTIONS

1. WHO RUNS HOT SHOTS?

My name is John Wilpers. I founded Hot Shots in 1996 because I saw too many girls leave their first soccer practice in tears of fear and feelings of inadequacy. Both town soccer and indoor commercial soccer were extremely competitive and did not focus on developing skills and self-esteem, much less reading, parental bonding, and having fun. I've coached girls soccer for a quarter century. We also have 25 middle and high school coaches. After 25 years as an independent non-profit, we became part of the Boys & Girls Club of Marshfield in 2021.

2. WHO IS ELIGIBLE FOR HOT SHOTS?

Pre-school (ages 2-6) girls from any South Shore town are eligible. Girls do NOT need to know how to play soccer. Hot Shots is a non-threatening intro to soccer.

3. DOES MY CHILD HAVE TO COME TO ALL THE SESSIONS?

No. With no teams, you aren't letting anyone down. We review everything each week.

4. REFUNDS FOR VACATIONS OR WEATHER CANCELLATIONS?

No. We price the program very affordably and our fixed costs prevent us from offering refunds.

5. WHAT SHOULD MY DAUGHTER WEAR AND BRING?

We have lots of soccer balls but we recommend she has her own so she can play at home. For this age, we recommend a size 2 ball or no bigger than a 3. Also bring a water bottle, Wear sneakers, shorts or sweatpants/loose pants, and a T-shirt. No need for cleats or shin pads.

6. DO PARENTS HAVE TO STAY?

Yes, girls' parents must stay and play. Your participation is a key element of Hot Shots to build bonds with your daughter. You play an essential role in some of the crazy games we use.

7. WHAT IS THE "READING IS A KICK" PROGRAM?

We have 1,300 "lovingly used" children's books. We put five books in a bag each week for the girls to take home. And through the sale of Hot Shots souvenirs, we've donated roughly \$20,000 worth of books to Marshfield's five grade schools over the last 25 years.

8. WHO CAN COME WITH YOU?

Because we keep family groups separate from one another, both mom and dad can attend. If a sibling must come along, that's fine, too. We also welcome grandparents, aunts, and uncles who can watch from the sidelines. At graduation, all family members and friends are welcome.

9. IS IT APPROPRIATE FOR GIRLS WITH DOWN SYNDROME?

We've had many girls with Down Syndrome and it has worked out very well for them. Because you are with your daughter the entire time, she's never on her own. You're always there to support her. Girls grow into the program and blossom in many ways over the ten weeks. But every girl is different, so we encourage you to try it out first. If you both like it, then register.

*You can register and pay online at <https://www.bgcmarshfield.org/hotshots.Questions?>
Call or text me at 617-688-0137 (my cell phone) or e-mail jwilpers@hotshotsoccer.org.*

WHAT TO EXPECT WHEN YOU ARRIVE

We try to make every Sunday, but especially the first Sunday, welcoming and safe for your daughter. We have lots of middle and high school female coaches who are happy and positive, and they will come right up to you and your daughter as you arrive with smiles on their faces and enthusiasm in their voices, instantly reducing any stress or anxiety and replacing it with excitement and fun. As the weeks go by, your daughter will look forward to seeing those coaches and often have a favorite with whom they form a special bond.

1. CHECKING IN

When you arrive, you will see the Check-in Table. We ask you to make sure:

- Your daughter's name is spelled correctly because the way it appears on that list is how it will appear on the T-shirt she gets at graduation
- Your phone number and email addresses are correct as that's how I reach you for cancellations and send the weekly newsletter with lots of pics!
- Your daughter's T-shirt size is correct

2. GO TO A HULA HOOP

This is where you will sit for the opening activities of each Hot Shots session. We use the Hula Hoops to keep family units six feet apart. Each Hula Hoop will have a bag in the middle of it with your daughter's five books to take home that week. It will also have her "passport", a little diary-like book with blank pages to collect her stamps and stickers as she leaves each week. Bring that back with you every week. There will also be props you might need for the games that week (e.g., "butterfly wings", tutus, etc.)



2. MAKE YOUR DAUGHTER'S NAME TAG



Once you're at your Hula Hoop "home", look inside the book bag and you'll find a name tag and a Magic Marker. Make your daughter's name tag (if she keeps bringing back the Magic Markers she gets each week, she'll be able to really decorate it!). Make sure your daughter's name is legible from a distance. The name tag is key as it enables our coaches to call out your daughter's name, which makes their interactions more personal. The girls forget they are wearing it, so when the coaches call out their name, it makes them feel special and recognized.

3. INTRODUCTIONS



At the start of every session as part of our self-esteem building mission, we do introductions, asking girls who wants to do it to come to the front of the group and speak into a microphone in front of the rather large crowd. We ask them their favorite food, color, and animal. In the Spring of 2021, we added a new question which really gets to the heart of our self-esteem-building mission: "What makes you special?" I encourage you to talk about this idea at

dinner during the week, so your daughter is ready for the question. It has elicited some heart-warming answers.

4. HOT SHOTS CHEER AND SONG



After the introductions, we do the Hot Shots Cheer and Song (lyrics and words below). Pre-COVID, we gathered all the girls in the middle of the field or the gym to put their hands together as a team, but now we have girls put their hands on their parent's hand to do the cheer and song. [Click here](#) or on the picture to see and hear the girls do the cheer and song

HOT SHOTS CHEER (*It's a call-and-response*)

- **Who do you believe in? "ME!"**
- **Who else do you believe in? "MY FRIENDS!"**
- **If you believe in yourself & your friends, you can try...? "ANYTHING!"**
- **How hard do you try? "MY HARDEST!"**
- **So you can always do....? "MY BEST!"**
- **Do you ever give up? "NO!"**

HOT SHOTS SONG:

We are the Mighty Hot Shots
We pulverize the ball
We boot it and shoot it and rock it and sock it
We're Hot Shots after all!
(Cheering three times) Hot Shots! Hot Shots! Hot Shots!

5. STORYTIME

At the end of every session, we wrap up with a storytime. We use large-format books (five feet wide!) with huge pictures so all the girls can see them. Throughout the reading, we ask girls questions or ask them to repeat some of the phrases like in “Five Little Monkeys” when the doctor says, “No more monkeys jumping on the bed?” We have the girls shout out the lines. Sometimes we stop the story before it’s done and ask the girls to think about what’s going to happen when we resume next week!



6. YOUR WEEKLY BAG OF BOOKS



We have more than 1,300 books in the Hot Shots library. Pre-pandemic, we put the books out on tables and let the girls choose. But with COVID, we couldn’t have the girls touching books they didn’t take home. So now, every week I load up dozens of bags with five books each (plus a passport that she brings back

every week to collect stickers and stamps) and any special props for the session. You’ll find your bags inside the Hula Hoop you choose to be your “home” for the start of the session.

7. THE COACHES



Nearly two dozen middle and high school girls volunteer their time every Sunday to help coach your daughter. Some are top-level soccer players, others are theater geeks, artists, dancers, etc. The common denominator is a dedication to helping your daughter build her self-esteem.

THE CRAZY HOT SHOTS GAMES

We pride ourselves on running a program with drills that are designed to appeal to young girls' sense of imagination and fun. No adult drills imposed on children like dribbling around cones or standing in line to take a shot on goal. We want the girls to know that sports and learning skills can be fun. So we incorporate tools like squirt guns, Hula Hoops, tutus, flying stuffed animals, pillow fights, and more. Here are a few examples (I don't want to list them all and spoil the surprises, plus there are also just way too many of them!):

THE SQUIRT-GUN DRIBBLING GAME



When the weather is hot, we like to cool off with our squirt guns! The drill is designed to help girls run fast and turn while they dribble the ball to get away from their parents (if girls are just dribbling with no incentive to turn or go fast, they tend to go in a straight line slowly). After the girls are wet, we give them the fun of squirting their parents while the parents dribble. The shrieks of delight with the squirt gun dribble game are wonderful

THE SLEEPING BEAUTY PASSING GAME

To teach passing, the parents put on tutus and boas to become Sleeping Beauty. They run from their daughter who tries to pass the ball to them. If the ball hits the parent, they "fall asleep" and can only be awakened by a kiss or a tickle! Then we switch: the girls become Sleeping Beauty, trying to escape their parents. If they're hit, they "fall asleep" only to be awakened by a kiss or a tickle .



THE BOWLING SHOOTING GAME



To teach shooting, we bring out our giant inflatable bowling pins (which are taller than some of the girls!), and the girls dribble around the field where there are a dozen pins scattered about and try to knock over the pins with their shots!

THE PUPPETS ON STICKS THROW-IN GAME

To teach throw-ins, instead of just having the girls throw the ball back and forth to each other like they do in traditional soccer practices, we put puppets like Mickey Mouse and alligators and Sylvester the Cat on sticks and the girls dribble around the field or the gym trying to knock the puppets off the sticks with their throw-ins.



THE PARACHUTE DRIBBLING & STOPPING GAME



To teach dribbling and stopping the ball, we have a HUGE parachute that the girls dribble under and step on their ball to stop it and then dribble out before the parachute comes down. It usually devolves into the girls just standing under it and marveling and the explosion of color over their heads and the parachute going up and down. It's a magical moment.

THE CHEERLEADER & HULA HOOP PASSING GAMES



To teach passing, we have two especially fun games. In the first, we give parents pom-poms and ask them to stand with their legs apart. If the girl passes the ball between their legs, then parents have to do a



cheer with their pom-poms. And then the girls get the pom-poms and the parents pass the ball between their daughter's legs. For the Hula Hoop game, parents hold the Hula Hoop on the ground vertically next to them, and if their daughter passes the ball through it, the parent has to put the Hula Hoop on and swivel their hips to make it work (they rarely succeed!). Then we switch; the girls get the Hula Hoop and have to make it work if the parent passes the ball through it (the girls often do MUCH better than their parents!)


MORE ABOUT HOT SHOTS...

THE ART GALLERY



On the fourth Sunday, we invite every girl to do a soccer drawing. We display them by session and the girls vote for their favorite. The top 4-6 drawings appear on the front of that session's T-shirts, and all the girls get their name on the back.

THE WEEKLY NEWSLETTER




What fun we had!

Scroll down to check out the pics of our hysterical squirt gun battles as well as all the fun we had with the Animal Sound Game and the Matador Cape Game.

NEWS OF THE WEEK

THE SOUVENIR SALE STARTS NEXT WEEK. Every year we raise money to buy books for elementary school libraries and for scholarships for our graduating seniors. Each year, the librarians at five Marshfield grade schools give me their wish list of ten-15 books and Buttonwood Books in Cohasset gives us a nice discount, so for




It's Splash Pad Sunday tomorrow!

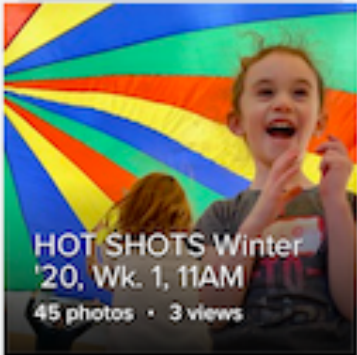
The Boys & Girls Club has invited us to enjoy their splash pad tomorrow (June 6) after Hot Shots. As it's going to be really hot and humid, I thought "What a great idea!" As you can see from the photos below, they have a lot of fun stuff! All family members welcome!

So, bring a bathing suit (you can change in the girls' bathroom) or wear it under your soccer outfit. We will also probably do the squirt gun game again!! See you in the morning!

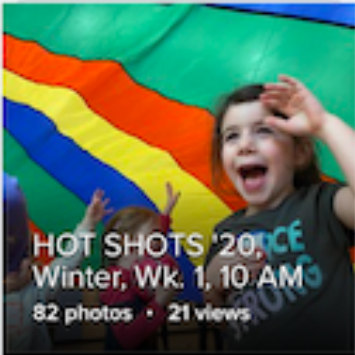


Every week, I send out a newsletter with links to our weekly photo albums on Facebook and Flickr, each containing more than 100 photos of each hourly session (more about the photo albums below). The newsletter also keeps you up to date on what's happening that you need to know about.


THE WEEKLY PHOTO ALBUMS



HOT SHOTS Winter '20, Wk. 1, 11AM
45 photos • 3 views



HOT SHOTS '20, Winter, Wk. 1, 10 AM
82 photos • 21 views



HOT SHOTS Winter '20, Wk. 1, 9 AM
98 photos • 14 views

Every week, I take hundreds of photos of as many of the girls and their parents as possible, usually multiples of each! I put those photos in albums on Facebook and Flickr (for those folks who aren't Facebook fans) where you can see them and download them. [Here is the link to the Flickr site](#) where you can see all the albums. Take a look and you'll get an idea of what kind of photos I take. I think you'll like them!

GRADUATION



At the end of the 10 weeks, we have a graduation ceremony with dancing, a parade to the Olympic Theme, the awarding of diplomas and medals, the presentation of their Hot Shots T-shirts with their names on the back, and then a celebration party. We encourage families to bring siblings, aunts, uncles, grandparents, etc. It's great fun!

THE "READING IS A KICK" PROGRAM



Through the sales of Hot Shots souvenirs, fundraisers, and donations, we have given \$20,000 worth of books to the 5 elementary schools in Marshfield. With the generous discounts from Cohasset's Buttonwood Books, we can purchase \$1,000 worth of books every year. With town budget cuts, we have become one of just two sources of new books for libraries (the other is their own fundraiser). The librarians choose the books and we deliver them at a ceremony where all the current and

former Hot Shots girls in the school come to the library and sign their names in the books. As current and former Hot Shots girls use the library, they constantly discover books with their names in them from Hot Shots. Librarians love the program and all the kids in the school benefit!

QUESTIONS?

If this guide hasn't answered all your questions, or has provoked new ones, please reach out to me: Call/text 617-688-0137 or email me at jwilpers@hotshotsoccer.org.

Thank you for being part of Hot Shots!



— John Wilpers
Founder and Head Coach