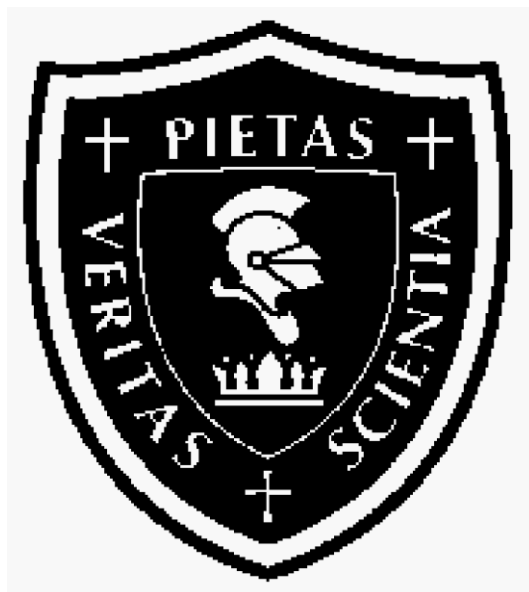


Benilde-St. Margaret's Girls' Soccer

2026 Summer Mailing



“More than a club”

Conference Champs: '87, '88, '89, '97, '01, '03, '04, '06, '08, '09, '10, '11, '12, '13, '14, '15, '18, '19, '20, '21, '23, '24

Section Champs: '86, '05, '06, '07, '08, '10, '11, '12, '13, '15, '16, '18, '20, '21 '22, '23

State Participant: '10

State 4th Place: '07

State 3rd Place: '08, '18, '22

State Runner-up: '05, '06, '11, '21

State Champion! '12, '13, '15, '16, '23

Ms. Soccer: '09, '13, '15

Letter from Coach Helling-Christy
School, Athletics, Program and Team Philosophies
2026 First 4 Week Schedule
[Link to Player Information, Medical Information](#)

Benilde-St. Margaret's Girls' Soccer

2501 Highway 100 S | St. Louis Park, MN 55416 | 952-927-4176 | shellingchristy@gmail.com

MANDATORY PROGRAM MEETING, GRADES 9-12 and ANY 7TH or 8TH GRADERS

INTERESTED IN TRYING OUT FOR A HIGH SCHOOL TEAM (SUNDAY, AUGUST 16): Our mandatory parent, player and coaches meeting will take place on Sunday, August 16 @ 6:00 pm in BSM's Hamberge Theatre (Please arrive by 5:30 pm to take care of paperwork and pick up practice t-shirts). At this meeting, program policy will be discussed, coaches will be introduced along with Captains and Captain's Parents. The meeting will last less than 1 hour but is mandatory for those interested in playing high school soccer at BSM in 2026. A link will be available soon to the fill out Player Information, Medical Information and Player/Parent Agreement. These must be filled out before 8/16 Player/Parent/Coaches meeting.

TRY-OUTS FOR ALL PLAYERS 9-12 and INTERESTED 7TH and 8TH GRADERS (MONDAY, AUGUST 17 thru WEDNESDAY AUGUST 19 with 2 sessions each day 8:00-10:00 and 2:00-4:00):

The official start of the 2026 season is Monday, August 17th at 8:00 am. All girls grades 7-12 who are interested in playing **high school soccer** will need to be at the Haben Center by 7:30 am.

ROSTER MOVES FOR 2026: As a result of our policy to try to place all freshmen on a team, we may, depending on final numbers, not have enough spots for all sophomores, juniors, and/or seniors next season.

Think of it this way: Seniors are trying out for Varsity, Juniors and Sophomores are trying out for JV or Varsity, 9th graders are trying out for C-Squad, JV and Varsity, 7th and 8th graders who tryout and are offered and accept a spot on a high school team will not be able to play club soccer. Currently we are anticipating that there will not be enough 9th-12th graders trying out to have 3 teams. If this is the case we will have a Varsity and JV team at the high school level and a Middle School team of 6th-8th graders.

Please remember the following things when considering next season.

- We designate teams by talent, not by age and/or grade.
- We can get 10+ additional freshmen girl soccer players entering BSM from our elementary feeder schools.
- Players will be evaluated on the talent they bring to try-outs, not past team designation.
- We will keep about 18 players per team.
- It is possible that not all seniors will make varsity.
- If we do not have enough players to fill teams, we may consider upper classman playing on lower level team.

Captains Practice: 8/10-8/12, 9:30am-11:30, Stadium Field. Will be run by the captains; Aida Parker aparker27@bsmschool.org, Claire Dooley cdooley27@bsmschool.org, Abby Silverman asilverman27@bsmschool.org.

QUESTIONS: If you have any questions about the program, try-outs, paperwork, the parent/player meeting, the mini-camp, summer training, etc. please contact me shellingchristy@gmail.com.

Scott Helling-Christy
BSM Girls' Soccer Program
Varsity Head Coach

Benilde-St. Margaret's Girls' Soccer | 2026

School, Athletic, Program Philosophy

BENILDE-ST. MARGARET'S MISSION STATEMENT & VISION:

Benilde-St. Margaret's is a dynamic Catholic learning community which partners with parents/guardians to develop the student's highest potential in mind, body, and spirit. We offer a challenging college preparatory curriculum and a uniquely caring experience that includes faith formation, academic rigor, social responsibility, and extensive extracurricular activities. We educate leaders for a global society.

Benilde-St. Margaret's will be the school of choice, recognized for developing engaged, intelligent servant leaders.

BENILDE-ST. MARGARET'S ACTIVITIES PHILOSOPHY:

Benilde-St. Margaret's will maintain high standards in its approach to all aspects of its athletic and extracurricular activities programs in keeping with its commitment to fully develop individual student potential.

Benilde-St. Margaret's will provide its students with athletic and extracurricular activities programs that:

- Allow them to realize their performance skills, talents, and abilities.
- Provide for their character development and betterment as individuals.
- Teach the benefits of collective efforts, persistence, and determination.
- Illustrate the value of individual/group goal setting and achievement.
- Instill Christian values as relates to team conduct and group behavior.
- Enhance the confidence and personal self-image of program participants.
- Help them discover their full potential as athletes and performers.

Benilde-St. Margaret's will provide a competitive environment for its athletic and extracurricular activities programs in a manner consistent with its mission to provide excellence in Catholic education.

BENILDE-ST. MARGARET'S GIRLS SOCCER PROGRAM PHILOSOPHY:

The goal of the BSM Girls Soccer program is twofold. The design of the program is to help develop teamwork, individual skill and appreciation for the game of soccer. For each player, concentration will be placed on individual development and education.

The second objective of the program is to develop a winning tradition of which students, parents and alumni can be proud. This does not mean win at all costs, this means that through the development of individual and team skills, the BSM Girls Soccer program will be able to compete with all other soccer programs in the state.

To achieve both of these objectives, individual development and team chemistry must be balanced. Each girl in the program will be placed at the level in which the coaching staff feels she will most help the team and develop her own skills. The make-up and chemistry of the teams will be constantly evaluated and changes could be made during the season.

Middle School Team:

This year BSM will have a Middle School team made up of 6th-8th graders. 7th and 8th graders can still tryout for a high school team. If they are offered a spot and accept it they will not be able to play club soccer.

Middle School Team

As at every level skill development, an understanding of soccer and fun is stressed at our Middle School level. It is a goal to play all players making a Middle School team, however playing time may not be equitable.

High School Teams

Our high school teams are competitive and playing time may not be equitable. Teams are designated by skill level not by age.

C-Squad: Will primarily be made up of 9th and 10th graders and some 7th / 8th graders. Technical and tactical skills development is emphasized in this fun and participatory environment.

Junior Varsity: Junior Varsity could include players 7th grade-11th grade

BSM's Junior Varsity is for girls who are very skilled and show varsity potential (although not all JV players will make varsity in the future). Players will get ample opportunity to develop individual technical and team tactical skill at practice and in games. This level will be competitive and winning habits need to be developed here.

Varsity: Varsity could include players 7th grade-12th grade

As stated in the program philosophy the goal of this level is to remain competitive with all other teams in the state. In order to do this skills development will be stressed and the top players will play at this level.

- Seniors not making varsity may not be assigned to a team.

If we do not have enough players to fill teams, we may consider upper classman playing on a lower level team.

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2026 BSM Girls' Soccer | High School Preseason Schedule

Sunday, August 16 Parent Meeting (Grades 7-12)	
5:30 pm	Sign in starts/Pick up practice t-shirts
6:00 pm	Mandatory Player Parent Coach meeting Hamburge Theater

NOTE	Online Player information form, Medical form & eligibility form done.
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Monday, August 17 High School Try-outs	
7:30 am	Check in at Haben Center for all players 7-12 trying out for HS Teams
8:00-10:00 am	Practice (Meet at Haben Center)
2:00-4:00 pm	Practice (Meet at concession stand)

Tuesday, August 18 High School Try-outs	
8:00-10:00 am	Practice (Meet at concession stand)
2:00-4:00 pm	Practice (Meet at concession stand)

Wednesday, August 19 High School Try-outs & Program Pot Luck	
8:00-10:00 am	Practice (Meet at concession stand)
2:00-4:00 pm	Red/White Scrimmage (Meet at concession stand) [Parents invited to watch]

Thursday, August 20 2 Mile Run & Team Designation	
7:30-8:00 am	2 Mile Run (Meet at Haben Center)
8:00-8:30 am	Rosters Posted/Coach initiated meetings
8:30-10:00 am	Mandatory team meetings (schedules & uniforms handed out)
10:00-11:00 am	Coaches available for player initiated meetings
1:30-3:30 pm	Varsity Training/Stadium
1:30-3:30 pm	JV Training/Field 1
4:00-5:30 pm	C-Squad Training/Field 4

Friday, August 21 Varsity Team Building in St. Cloud	
10:00 am	Varsity baseline concussion testing
11:30 am	Varsity bus departs for team building and overnight in St. Cloud
1:00 pm	Varsity team building activity in St. Cloud
4:30-6:00 pm	JV Training/Field 1
4:30-6:00 pm	C-Squad Training/Field 1

Saturday, August 22 Varsity and JV Scrimmages	
8:00 am	JV bus departs from Haben Center to St. Cloud
10:00 am-12:00 pm	Varsity & JV Scrimmages at Monticello High School
1:30-2:00 pm	Varsity & JV bus home from Monticello

Benilde-St. Margaret's Girls Soccer Schedule First 4 Weeks

Schedule subject to change.

Thursday, Aug. 13				Coaches Clinic at NSC
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Sunday, Aug. 16				Parent/Player/Coach Meeting 6 PM Theater
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Monday, Aug. 17	Try-out sessions 8:00 to 10 and 2:00 to 4:00			
Tuesday, Aug. 18	Try-out sessions 8:00 to 10 and 2:00 to 4:00			
Wednesday, Aug. 19	Try-out sessions 8:00 to 10 and 2:00 to 4:00 (Red/White Scrimmage).			
Thursday, Aug. 20	2 mile run/team assignments/meetings with teams and players 7:30 to 10:00			
Thursday, Aug. 20	1:30-3:30 Field 1	1:30-3:30 Field 1	4:00-5:30 Field 4	Media Guide Photos 4:30-6:00
Friday, Aug. 21	10:00 Concussion Testing 11:30 bus leaves for St. Cloud Team Olympics/Overnight	4:30-6:00 Field 1	4:30-6:00 Field 1	10:00 Varsity Team baseline concussion testing.
Saturday, Aug. 22	10:00 Scrimmages/Monticello	JV Scrimmages/Monticello Bus leaves at 8:00 from Haben	OFF	

Monday, Aug. 24	3:00-4:30 Field 1	3:00-4:30 Field 4	3:00-4:30 Field 4	Varsity FMSC
Tuesday, Aug. 25	Scrimmage HA 5:00 Field 1	Scrimmage v HA 5:00 Field 4	3:00-4:30 Field 4	
Wednesday, Aug. 26	3:00-4:30 Field 4	3:00-4:30 Field 1	3:00-4:30 Field 1	Varsity Team Dinner 5:00 Olive Garden
Thursday, Aug. 27	TBD @ Mpls SW	TBD @ Mpls SW	3:00-4:30 Field 4	
Friday, Aug. 28	3:00-4:30 Field 1	3:00-4:30 Field 4	3:00-4:30 Field 4	
Saturday, Aug. 29	OFF	OFF	OFF	

Monday, Aug. 31	3:00-4:30 Field 1	3:00-4:30 Field 4	3:00-4:30 Field 4	
Tuesday, Sept. 1	7:00 v CDH Field 1	5:30 v CDH Field 4	3:00-4:30 Field 4	
Wednesday, Sept 2	3:00-4:30 Field 1	3:00-4:30 Field 4	3:00-4:30 Field 4	
Thursday, Sept. 3	5:00 v Blake Field 1	4:00 v Blake Field 4	TBD	
Friday, Sept. 4	OFF	OFF	OFF	
Saturday, Sept. 5	OFF	OFF	OFF	

Monday, Sept 7	OFF	OFF	OFF	Labor Day
Tuesday, Sept. 8	3:00-4:30 Field 1	3:00-4:30 Field 4	3:00-4:30 Field 4	
Wednesday, Sept. 9	3:00-4:30 Field 1	3:00-4:30 Field 4	3:00-4:30 Field 4	
Thursday, Sept. 10	5:00 @ Jefferson	4:00 @ Jefferson	3:00-4:30 Field 4	
Friday, Sept. 11	3:00-4:30 Field 1	3:00-4:30 Field 4	3:00-4:30 Field 4	
Saturday, Sept. 12	1:00 @ H-M	11:00 @ H-M	OFF	