

Simley Girls Soccer Fall 2018

Five Core Values

full effort	open communication	positive attitude	respect	sportsmanship
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Program Objectives

- The Simley girls' soccer program strives to achieve the following for each participating student-athlete
 - to develop & maintain the highest level of sportsmanship
 - to become a better overall athlete by improving each athlete's understanding, skills, & love of soccer in a positive, safe & fun environment
 - to work each day to become a better athlete, person, & student than the day before
 - to educate our student-athletes on life lessons through the game of soccer

What does the coaching staff look for in prospective players?

- We want players who
 - work hard in the off-season,
 - come into each season stronger & in shape &
 - exhibit good sportsmanship & character in all they do.

Tryouts: What you need to know

- Dates
 - Monday 08/13/2018 – Friday 08/17/2018
- Times are TBA, but plan for
 - a morning & evening session for Monday (8/13), Tuesday (8/14) & Wednesday (8/15)
 - only the morning session for Thursday (8/16) & Friday (8/17).
- Open to all incoming 8th through 12th grade girls.
- Fitness Tests – there will be three fitness tests completed during the week of tryouts.
 - 120s – a *sprint* from one goal line to the other (120 yards in total), followed by a slow jog return. Athletes must *sprint* the 120 yards in 22 seconds or less then return to the starting point in 60 seconds. Exactly 60 seconds after the first sprint ended, the players repeat the process of sprinting to one end & jogging back. There are a total of 10 cycles / sprints. After the fifth cycle, an additional 60 second (120 seconds total) "recovery break" is given.
 - Cones – similar to killers, athletes will sprint out 5 yards, back 5 yards, out 10 yards, back 10 yards up to 25 yards out & back). The goal is to finish each set in 40 seconds or less with a 35 second rest in between. A total of eight sets will be completed & after the fourth set, a rest of 90 seconds will be given.
 - Cooper Test – athletes will have 12 minutes to complete as many laps around the track as they can during the 12 minutes.
- Skills Based Tests
 - Juggling – each athlete will be required to juggle the soccer ball 50 times consecutively (no bounces). Ideally this is 50 consecutive juggles with feet only.
 - Long Balls – each athlete will strike 10 soccer balls with each foot from 25-yards away into a 10-yard by 10-yard box. The goal is to have the ball land in the box in the air (no bounces before reaching the 10 by 10 box).

The off-season starts now!

- This is an important time for you to get mentally & physically prepared for the upcoming high school season. Playing on a summer soccer team is not required, but the coaches recommend getting out to get some touches on the ball (juggling or passing with a buddy) a few times each week.
- A fitness calendar is available with some suggested activities for you to complete during the summer so you can come into tryouts week fit.

Important Dates

- Summer Soccer Camp:
 - Monday 7/9 – Thursday 7/12 from 10:00 – 12:00 on the turf at Simley High School
- Captains Practices July 30 – August 10
 - (specific dates, times & locations to be determined)
- Parent Player Meeting:
 - Date: Wednesday, August 8th at 6pm
- Tryouts Begin Monday August 13th at 08:00 – please make sure you have the necessary forms turned in & you are signed up with the activities office!
- Scrimmages @ Hastings High School: Saturday August 18th
 - This will be for 22-25 athletes selected by the coaching staff. Athletes will know by the end of the training session on Thursday August 16th if they have been selected to attend the scrimmages.
- Teams Announced: Monday August 20th prior to practice.

Communication

- Throughout the pre-season, season & post-season it is important to maintain communication with student-athletes & parents/guardians.
- The coaches will be using Remind (a free service that allows participants to receive information via text message or email) as our primary form of communication.
 - There are 2 ways to sign up:
 - send a text message to the number **81010** with **@sim18soc** as the message
 - go to the website www.remind.com/join/sim18soc

Questions / Comments / Concerns

- Please contact any of the coaches with questions
 - Nora Austin: AustinN@isd199.org