

Girls Soccer-What Frosh need to know

Tryouts:

Start **March 2nd** for all levels.

- All Players will have a # issued to them during a meeting 1 week before the season
- Be ready to go indoor or outdoor (leave your schedule open – we do not know where we will be trying out)
- You know the Date, be ready to go.
- **March 2nd 6:00** am will be the first tryout time. We will meet in G110 for a short run of about 12 min.

*You will need to register on the New Trier Athletic Website – Registration

**you will need a valid physical to participate in soccer in the spring – please make sure yours is up to date and will last through the season. If your physical will run out during the season (they are valid for 13 months) please plan ahead and get an appointment to update your physical.

Season:

Commitment –

All Levels 5-6 days/ wk (Some games at 5/7pm)

Practice – 4 - 6:00 pm

(Var / JVI / JV II = Northfield Fr A / Fr B = Fox Meadow)

- Game:

**Tuesday 3/16 4:45/6:15 pm –@ Warren **

- Mandatory spring break practice for varsity

**Thursday 3/26 4pm **

JVII - cuts will be made

JVI - placement will be made, possibly cuts

Varsity - placement will be made, possibly cuts

******Teams are chosen on soccer skill, potential, and attitude******

Player Expectations:

All players must push themselves to become better players. They must also push their teammates to become better. All players must understand their role on the team whether it to start, come off the bench, or be a practice player. If you are not sure of your possible role ask – be honest with yourself and the coaches as to what you are willing to do.

At any time that you are not able or willing to fulfill your obligations to the team or program, as determined by the coaching staff, you will be asked to leave the program.

Fitness Expectations:

Expectations for a varsity soccer player.

16.1 score on the Yo-Yo Intermittent Beep Test

7 x 4 push-ups

50 x 3 sit-ups

Juggle soccer ball 30 times

Pre-season workouts:

There is be workouts available for everyone to get in shape for the season. Everyone who is interested can attend the morning workouts at the Winnetka Campus Fieldhouse (see the attached schedule). Freshmen can get a parent ride or take the shuttle over to the Northfield Campus.

Future Information:

- 1) Parent meeting 3/11/20 – 6:30 pm in Northfield Cafeteria
- 2) Preseason Scrimmage – 3/14/19 -- 12/2pm Northfield
- 3) Banquet – 5/27/19 - Northfield Cafeteria 6:30 pm
- 4) Summer School – 3 weeks

Summer school dates

June 22, 23, 25, 29, 30,

July 6, 7, 9, 13, 14, 16

- 2) Summer League – 5 weeks

Wednesday Night League

June 17, 24

July 1, 8, 15

- Registration will be on a first come, first serve basis
- Registration forms will come out during the spring season

Additional Info:

Enter this number

81010 (?)

Text this message

@ntgsfros (?)