



SCHS Girls' Soccer Tryout Information

ALL PLAYERS MUST REGISTER ON SCHSGIRLSSOCCER.COM BEFORE TRYOUTS

Tryout Dates and Athletic Clearance

- FRIDAY 9/17: 3-545pm AND/OR WEDNESDAY 9/22: 7-830 pm in the Stadium.
- FITNESS TESTS Monday 9/20 and 9/27 at 7am at the stadium - Running shoes and cleats
All prospective athletes must complete their athletic clearance online prior to being able to tryout; this includes uploading a current physical examination and insurance card. -If you were already cleared this summer, you do not need to get cleared again: Go to www.sctritons.com – click on Athletics – click on Athletic Clearance.
- Wear black shorts, black socks and a white shirt and bring a black shirt. DO NOT WEAR ANY CLUB AFFILIATED ATTIRE! SCHS athletic apparel is OK.
- Student-athletes must be academically eligible (2.0 or higher GPA and pass four classes each semester) in order to participate.

Evaluation Criteria

We field three (3) teams (Varsity/JV/Frosh-Soph) of players who demonstrate a positive attitude, dedication and commitment to their teammates, the coaches and the program. Player and team selection is based on the performance in the below categories during the previous year, fall class and tryouts. There are no guarantees and all players must tryout.

- **Tenacity/Grit-** Win individual matchups, and bring maximum effort on defense and offense. Demonstrate a will to win and always fights back on defense or after a mistake.
- **Attitude/Coachability-** Maintain a positive, productive **attitude** when using new skills/tactics while immediately applying coaching instruction. Follow directions and demonstrate sportsmanship, academic performance, good member in school and community, coachable, and overall character.
- **Technical Execution:** Skills include first touch, reading the game, runs off the ball, transitioning, vocal and physical communication, connecting, cutting, finishing, ability to work hard and overcome setbacks within a game.
- **Tactical Soccer Ability-** Game IQ will be evaluated in all contexts. The ability to maintain control of the ball, make quality tactically smart decisions under pressure with speed and execute cleanly and rapidly the skills to complete the choice will be extremely important to the level team you are qualified to play on.
- **Reading/Work Rate:** What do you do when you don't have the ball such as runs off the ball and transition from defense to offense quickly. Creating opportunity off the ball and supporting the defense.
- **Athleticism-** All athletes will perform a soccer physical test for speed, strength, and overall fitness. Transition between Defense and Offense.

Commitment

- All levels practice or play games M- F and some Saturdays during the official high school season which starts 11/11/21. Practice times and locations will be announced at that time.
- You cannot play in any CIF high school games until you have completed your club season of sport. You must email your coach ASAP of any conflicts to High School practice/games.
- There will be commitments during winter break so schedule family breaks around that time.
- Absences from trainings and games will reduce playing time.
- **Playing time is not guaranteed.** Coaches will field the eleven strongest players and do his or her best to reward players who work hard and have a good attitude.

Informational Parent and Player Meeting: TBD It will be extremely important that both a parent and player attend this informational meeting to cover all expectations, procedures, rules and schedules to be properly prepared for the year.