

Dear All Prospective Hall High Soccer Players,

Please make sure all of your paperwork has been completed before the first day of tryouts. All of the information is clearly listed on the Hall High Athletics website, so please make sure you are cleared to participate well in advance of the first day of tryouts: **Thursday, August 23rd**. Students will not be allowed to tryout until they have been cleared by the Athletic Office; do not wait until just before school starts to work on this process. If you have any questions, please contact the Athletics Office at Hall.

Tryout Information and Schedule:

All players will be expected to be at all tryout sessions. If you plan to be absent for any portion, please contact me. I know that some conflicts are unavoidable and that many freshmen and students new to Hall will be unfamiliar with this process, so absences will not prevent anyone from getting an opportunity to tryout. This is the current schedule:

Thursday, August 23:	Freshmen 4:30-6; everyone else 5:30-7:30
Friday, August 24:	Freshmen 8-10 & 4-6; everyone else 9-11 & 5-7
Saturday, August 25:	Everyone 8-10 & 4-6
Monday, August 27:	Varsity and JV candidates @ Newington; Freshmen 3-5
Tuesday, August 28:	Everyone 3-5

We will try to announce teams by the end of the session on Monday, August 27th. However, we may require more time. Any player who misses significant time during the tryout process (through absence or injury) will be given more time to be properly evaluated.

Summer League:

Summer League is open to all incoming 9-12 graders. The games will be Tuesday nights (either 5:00 or 6:30) beginning on June 26th at Hall. It is a low-key commitment that does not have to include the whole summer. This endeavor is not directed by Hall, nor will I, the head coach, have anything to do with the team. If your daughter is interested in playing in any of the games, please have her contact Carol Pidto at cpidto@comcast.net.

Conditioning Sessions:

We are in the process of setting up summer strength and conditioning sessions with a trainer at Hall (we hope to make that information available soon.). In addition to those sessions, please work towards the conditioning targets on your own or with anyone inside or outside of the soccer program willing to train with you.

Conditioning Targets:

Shuttle Drill: Players will run back and forth between cones set up 30 yards apart. They will run back and forth 5 times (totaling 300 yards) in under 67.0 seconds. They will have 3 minutes of rest between attempts and will repeat the shuttle drill 2 more times.

The 100 yarders: Players will run 100 yards in less than 18.0 seconds. They will run back to where they started in less than 65.0 seconds (so 200 yards in 65 seconds). They will repeat the process 8 times with 65 seconds rest in-between each run.

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Players who make these times will demonstrate an impressive level of fitness that will make a good impression on the coaches. Failing to make these targets will not prevent anyone from making JV or Freshmen teams.

Varsity Candidates:

Returning players (Grades 10-12) will not be considered for Varsity (nor will they get to practice or play with the prospective varsity group) until they reach the above minimum targets.

Pre-PreSeason Camp:

Coach Seguro will offer a preseason camp from Monday, August 20st through Wednesday, August 22nd (from 4:00-6:30 at King Philip Middle School). This camp is run through the town of West Hartford, so you MUST register through leisure services for program (www.west-hartford.com/leisureservices Activity Code:411618A). We hope that girls will take advantage of the opportunity to develop their skills, enhance their understanding of the game, and improve their conditioning. This camp is in **no way mandatory** and in **no way improves your standing with the coaches** (apart from the benefits already stated) in regards to making a team.

Take care,

Scott Ferguson
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