

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 24th**. 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 24:	Freshmen 4-6; everyone else 5-7
Friday, August 25:	Freshmen 8-10 & 4-6; everyone else 9-11 & 5-7
Saturday, August 26:	Everyone 8-10
Monday, August 28:	Everyone 3-5
Tuesday, August 29:	Everyone 3-5

We will try to announce teams by the end of the session on Monday, August 28th. 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 27th 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 Maddy Mandyck at JMandyck@comcast.net

Conditioning Sessions:

Voluntary conditioning sessions will be run during the summer. Contact the captains or join the Facebook group ‘Hall Girls Soccer 2017’ for more information.

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 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 seconds. They will run back to where they started in less than 65 seconds (so 200 yards in 65 seconds). They will repeat the process 7 times with 65 seconds rest in-between each run.

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 until they reach the above minimum targets and can complete **20 consecutive juggles or a 50% increase in their total recorded at the end of last season.** Because freshmen are new to the program, they will not need to make these targets to be considered for varsity

Pre-PreSeason Camp:

Coach Seguro will offer a preseason camp from Monday, August 21st through Wednesday, August 23rd (Time and location to be determined). 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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