

**Welcome to the 2011 - 2012
Poway High Girls Soccer Season
Pre-Season Meeting
Thursday, September 22, 2011**

Please make sure you turned in your completed Pre-Registration form. The Coaches review these prior to tryouts, plus it is important that we have your up-to-date contact information. All forms and information can be downloaded from the Poway Girls Soccer webpage (www.phsgirlssoccer.com).

IMPORTANT NOTE: Prior to tryouts, a "Ticket to Play" must be obtained. The forms are available on-line at <http://www.powayusd.com/pusdphs/ATHLETICS/forms.html>. The completed forms need to be turned into Mrs. Grosely, Athletic Secretary in the PHS Athletic office. Mrs. Grosely will issue you a "Ticket to Play" when all forms have been completed and turned in. You will need the "Ticket to Play" to attend the tryout sessions and play the season. You will not be allowed on the field without it. If you have a "Ticket to Play" from the fall sport, all you need to do is pick it up in the Athletic Office. The "Ticket to Play" will be collected at the field on the first day of tryouts.

If you are unable to attend any of the tryout sessions, you must contact the head coach, Jen Lalor-Nielsen at bo@jbsoccertraining.com or on her cell phone at 760.809.2737 prior to tryouts.

Tryouts for the 2011/12 season will be:

- Monday, Nov 14 -- 5:30 – 8:00 pm on the PHS Stadium Turf – all players
- Tuesday, Nov 15 -- 5:30 – 7:30 pm on the PHS Stadium Turf – all players
- Wednesday, Nov 16 – 5:30 – 7:30 pm on the PHS Stadium Turf – all players
- Thursday, Nov 17 – 5:30 – 7:30 pm on the PHS Stadium Turf – all players
- Friday, November 18 – 5:30 – 7:30 pm on the PHS Stadium Turf – all players
- Saturday, November 19 – Uniforms distribution – Practice 1:30 – 3:30 on turf – all teams

PLEASE BE EARLY TO ALL TRYOUTS AND PRACTICES. You must be warmed-up, stretched and ready to go before the starting time. **TRYOUTS WILL BE HELD RAIN OR SHINE** – Bring appropriate clothes for rain or cold.

Apparel and equipment needed for tryouts:

- Running shoes
- Soccer cleats
- Shin guards
- Water
- Comfortable clothes – Tryout numbers and pins will be provided at tryouts.

TESTING – There will be testing during the week of tryouts. These are some of the tests you will be given:

- Monday – 10 & 40 yard dash and mental toughness (wall sits)
- Tuesday – 12 minute test
- Wednesday – 120 yard run (18 seconds) and 1 full minute to get back to start (will be done 10 times)
- Thursday – Beep test & mental toughness (stomach)
- Friday – cone test/shuttle runs (8 times) with 35 second rest after each one. Extra 1 minute break after #4.

Team Rosters will be announced by Friday, November 18th.

Practice Times will be set by coaches; typically five times per week. Freshman & JV will practice 3 – 5 pm on the back field. Varsity will practice 3 – 5 pm on the turf. Note, that there may be changes to the times and locations for practices. We will do our best to let you know as far in advance as possible, but during the winter it is possible to have a field rained out in the course of an hour.

Game and practice schedules will be available on the webpage (www.phsgirlssoccer.com) see the "Calendar" for your team.

You must be at all practices and games. If there is a conflict, you must contact the Coach prior to the conflict and make arrangements. Do not ask another player to "pass on the information" to the coach.

The practice schedule for **Thanksgiving week (11/23 - 11/25)** is as follows:

- Varsity - M, Tu, Wed - Stadium 8:00 – 10:00 am
- JV – M & Tu - Stadium 8:00 – 10 am
- Freshman – M & Tu - Stadium 10:00 - 11:30

Times, locations and dates for practices may change. We will let you know (email, text, calendar on website) as soon as possible.

Uniform distribution and Registration: Saturday, Nov 19 at PHS (there will be practice for all teams right after uniform pick-up 1:30 – 3:30 on the turf).

- Varsity, 12 - 12:30
- JV 12:30 - 1
- Freshman 1 - 1:30

Uniforms, Registration and Spiritwear orders will be handled in front of the Girls Soccer storage unit (on the south-east side of the stadiumthat is the end closest to the school and Espola Rd). All the forms (Registration and Spiritwear) will be available for downloading from the webpage, www.phsgirlssoccer.com.

Preseason Conditioning Runs: Captain led conditioning runs will begin the week of October 10th and run through November 8th. The conditioning runs will be on the stadium track from 2:45 to 3:30 pm on Tuesdays and Fridays. The girls will meet at the track after school for conditioning runs. These are not mandatory, but highly encouraged.

If you have any questions or need further information, please contact Coach Jen Lalor-Nielsen (760.809.2737 or bo@jbsoccertraining.com) or Becky Donahue (858-518-3082 or powaygirlssoccer@gmail.com).



**Poway High School
Girls Soccer**