

**Welcome to the 2008 - 09  
Poway High Girls Soccer Season  
Pre-Season Meeting**

Please complete the pre-registration form and make sure to return it so that you will be added to the email distribution list. All forms and information can be downloaded from the Poway Girls Soccer webpage ([www.phsgirlssoccer.com](http://www.phsgirlssoccer.com)).

**IMPORTANT NOTE:** Prior to tryouts a "Ticket to Play" package must be obtained from Arlene Grosely, Athletic Secretary in the PHS Athletic office, completed and returned (to Mrs. Grosely) for a "Ticket to Play." You will need this "Ticket to Play" to attend any and all of the tryout sessions. You will not be allowed on the field without it. If you have turned in the information to Mrs. Grosely previously, you will still need to obtain a **NEW** "Ticket to Play" from Mrs. Grosely. 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 [jlalor7455@hotmail.com](mailto:jlalor7455@hotmail.com) or on her cell phone at 760.809.2737 prior to tryouts.

Tryouts for the **2008/09** season will be:

- Monday, November 17 -- 5:00 – 7:30 pm on the PHS Stadium Turf – all players
- Tuesday, November 18 -- 5:30 – 7:30 pm on the PHS Stadium Turf – all players
- Wednesday, November 19 – location & times will be announced on Tuesday depending on teams (freshman, JV & varsity)
- Thursday, November 20 – location & times will be announced, depending on teams (freshman, JV & varsity)
- Friday, November 21 – location & times will be announced, depending on teams (freshman, JV & varsity)

**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 IF IT IS RAINING.**

Player numbers and pins will be provided to each player trying out. Come early to get signed-in and receive your player number.

Apparel and equipment needed for tryouts:

- Running shorts
- 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. Here are some of the tests you will be given:

- Monday – 10 & 40 yard. Dash
- Tuesday – 12 minute test & mental toughness (wall sits)
- Wednesday – 120 yard run
- Thursday – Beep test & mental toughness (stomach)
- Friday – cone test [8 times] & shuttle runs

Practice times will be set by coaches; typically five times per week. A game schedule and team roster including coach and team member information will be provided to each team member. 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.**

Please note that there will be games and practices during the week of Thanksgiving.

**\*\*Parents – Registration forms, volunteer sign-ups, website release and player fees will be collected at a mandatory team (all squads) meeting and uniform pick up location and time TBD. All forms will be available on the webpage ([www.phsgirlssoccer.com](http://www.phsgirlssoccer.com)).**

If you have any questions or need further information, please contact Coach Jen Lalor-Nielsen (760.809.2737 or [jlalor7455@hotmail.com](mailto:jlalor7455@hotmail.com)) or Becky Donahue (858-518-3082 or [Becky.donahue@gmail.com](mailto:Becky.donahue@gmail.com)).

## **GO POWAY GIRLS SOCCER !!**



**Poway High School  
Girls Soccer**