

Girls Soccer Tryouts 2019



Fall Tryout's Information

No positions are set in stone (All varsity spots are up for grabs).

- **First Day of Tryouts:** Thursday, August 22
 - Thursday: 8:30 - 11:00 · break · 1:00 - 3:00
 - First day practice starts early at 8:30 so we can get through paperwork and set-up the goals.
 - Friday: 9:00 - 11:00 · break · 1:00 - 3:00
 - Missing any of the practices without prior notification to one of the coaches may result in being cut from the team.
 - *Most important, make sure you eat in the morning before practice (cereal with a fruit and milk is perfect). Eat a lunch, food is fuel! Make sure your lunch has plenty of fruit, eat a yogurt or a banana and make sure you have a sports drink too.*

• **Where's Tryouts:** Meet at the Caruso Fieldhouse at the end of the parking lot.

• **What to Bring:** Cleats, Shin pads, Water bottle, and sneakers (we will be doing the annual timed 2 mile run.) Second pair of socks and an extra tee-shirt for the afternoon.

Where to get Updated Information

- *As always I will be checking my email over the summer, dmichaud@shawtech.org please feel free to email me with any questions.*
- *Also my Twitter address is Shawsheen G-Soccer@Coach_Michaud*

• **Online Registration DEADLINE:** All necessary documents and Online Registration must be handed in/completed by Wednesday, August 21, 2019. <https://www.familyid.com/shawsheen-valley-technical-high-school>

• MUST provide a copy of his/her most recent physical exam (valid for 13 months) PRIOR TO TRYOUTS. You can upload your physical directly through FamilyID, email a scanned copy to the Athletic Administrative Assistant or drop-off a hard-copy to the Athletic Office.

• MUST complete the mandatory free online Concussion in Sports Course: <https://nfhslearn.com/courses/61059/concussion-for-students>. (needs to be completed only once a year)

Keep an eye on my Twitter at the start of August for updates and suggested workouts.

[@ShawsheenG_Soccer@Coach_Michaud](https://twitter.com/ShawsheenG_Soccer)



2019 Fall Tryout Schedule

August

Sunday 18	Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23	Saturday 24
				2 Tryouts 8:30-11:00 1:00-3:00	2 Tryouts 9:00-11:00 1:00-3:00	
25	26	27	28	29	30	31
1 Tryouts 4:00-6:00	2 Tryouts 9:00-11:00 1:00-3:00	1 Practice 9:00-11:00	1 Practice 2:00-4:00	1 Practice 2:00-4:00	1 Practice 9:00-11:00 LCA scrimmage	

September

Sunday 1	Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6	Saturday 7
	Varsity Practice 4:00-6:00	Game vs G-Lowell 4:00	JV & Varsity Practice 2:00-4:00	Game vs Essex Tech 4:00	JV & Varsity Practice 2:00-4:00	