

JV GIRLS SOCCER: PRESEASON INFO

Tryouts

- First day of tryouts: August 26th, 2024
 - We will practice the following days before school starts:
 - 8/26
 - 8/27
 - 8/28
 - 8/29
 - 8/30
 - 9/2

Players will need a ride to and from these practices. (Times will be posted on the **Heja** app, see below.)

Signing up for Soccer

- To participate, all players must sign up through <http://account.students.arbitersports.com>
- If you have any issues signing up, please contact the athletic department.
- *Please sign up to the **Heja** app to view the practice schedule and receive/send messages from/to me.*
 - Team code: VI-274938

Locations of Practice

- Varying fields depending on the day (MHE grass field, high school turf etc... I will provide a detailed schedule as I receive it).

What to Wear

- Shorts, shin guards, soccer socks, cleats, and a T-shirt. (Wearing a shirt with students' name is helpful, but not required).

Sports Physicals

- All players need a sports physical by their physician or through the school before the season starts.
- Players cannot participate until their physical is completed, sent to the nurse and the nurse approves them (this will be shown on Arbiter).

Pre-Season Workouts

Running

- I recommend players run 3-4 times a week.
- I recommend running for a certain distance or a specific amount of time.
 - Distance- 1.5 miles or more per run.
 - Time- 15 minutes or more per run. Do a combo of walking/running if needed.

Soccer Ball Work

- I recommend that players spend 4+ days a week working on dribbling, ball touches, and shooting technique.
 - Ex. toe touches (stationary, forward & backward) Foundations (stationary, forward & backward) etc...
- Even walking around with a soccer ball at their feet each day will help.

If you have any questions or concerns, please contact me!

Thank you,

Coach Nick Vecchio
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