

# **Modified Girls Soccer: Pre-Season Info**

## **Tryouts**

- **First Day of Tryouts:** August 27th, 2025
  - Below are the days we will practice before school starts. Please contact one of the coaches if you cannot attend for any reason:
    - **8/27** (3:00pm - 5:00pm)
    - **8/28** (3:00pm - 5:00pm)
    - **8/29** (9:00am - 11:00am)
    - **9/2** (3:00pm - 5:00pm)
- **Practices Once School Starts**
  - Once school starts on 9/3/2025, **practices** will be held each school day after school from 3:00pm - 5:00pm.
  - After practice students need to get picked up from practice. There are no sports buses this year due to budget cuts.
- **Location of Practices:** Central Square Middle School back field behind the school. We will meet by the tennis courts before practice.
- **What to Wear:**
  - Shorts, Shin Guards, Soccer Socks over the shin guards, Cleats and a T-shirt.
    - We encourage players to wear a shirt with their name on it but this is not a requirement.

## **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 through Family ID.

## **Signing Up for Soccer (Family ID)**

- To participate, all players must sign up through <https://account.students.arbitersports.com/>.
- Sign-ups will begin roughly a month before the season starts.
- If you have any issues signing up, please contact the [athletic department](#).

## **Pre-Season Workouts**

### **Running**

- We recommend that players run 3 to 4 times a week.
- We recommend either running for a certain distance or a specific amount of time.
  - **Distance:** 1 or more miles per run
  - **Time:** 10 min or more per run. Do a combo of walking and running if needed.

### **Soccer Ball Work**

- We recommend that players spend 4+ days a week working on dribbling, ball touches and shooting drills.
  - **Ex:** Toe Touches (stationary, forward & backward), Foundations (stationary, forward & backward), Triangles, etc.
- Even walking around with a soccer ball at their feet each day in the house will help.

If you have any questions or concerns, please contact one of the coaches below.

Thank You,

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**To receive updated information regarding tryouts and other things in the fall, please fill out this form by scanning the QR code below:**

