Dear East Boys’ soccer candidate,

The East soccer season is rapidly approaching, and I am very excited about our upcoming season. Enjoy those summer tournaments, camps, and plan to arrive in August in your best physical condition.

Physical exams are required for all soccer candidates. Candidates should submit all forms from the physical packet by Monday, July 29th. Please make sure everything is filled out and signed. See reverse side of this sheet for more information regarding physicals and deadlines. Physical forms can be downloaded from the Boyertown School District website at: https://www.boyertownasd.org/Page/1277 and the forms are listed under: https://www.boyertownasd.org/cms/lib/PA01916192/Centricity/D domain/113/Fall%20Physical%20forms%202019%202020.pdf. The physical forms are due for MS sports by Monday, August 5th (this is listed on the attached information sheet on reverse.

SEE REVERSE SIDE FOR MORE INFORMATION

Reminder: No athlete may begin practice without a physical card signed and dated after June 1st, 2019 and the beginning of practice.

BE SURE TO GET ALL OF YOUR PAPER WORK IN BY MONDAY AUGUST 5TH

Tryouts will begin Monday, August 26th, the first day of school. The tryouts will begin on Monday and continue through Thursday. The dates for this includes August 26th through August 29th and will be held at East, from 3:00-4:45pm. Be picked up promptly. Be sure to bring all of your equipment (cleats, shin guards, socks etc.) and your water with you. DO NOT BRING A BALL. We will meet at the locker room before going up to the field. Tryouts will again be held continuing on Tuesday, September 3rd. In the event that any of these dates are affected, please check the more tab – soccer – on my website: https://sites.google.com/student.boyertownasd.org/hagmann/home

Note: After the conclusion of the tryout sessions, practice will be held for those players who make a squad. Practice will be held immediately after school until 4:45pm unless notified otherwise.

In order to improve your chances of making a squad, I encourage all of you to begin a physical conditioning program this summer. Good conditioning activities are jogging, bicycling, and swimming, etc. These activities are most effective when done at least 15-30 minutes per day. Try choosing one activity each day to work on different muscle groups. All players should work with the soccer ball at least three to five times a week. The coaching staff hopes you have a restful and enjoyable summer, but come prepared to work.

Sincerely,
John R. Hagmann jhagmann@boyertownasd.org OR hagmann@comcast.net
East Soccer Coach
https://sites.google.com/student.boyertownasd.org/hagmann/home (Use this website for questions.)