May 2019

Dear East Girls' Soccer Candidate:

In this letter you will find all of the necessary information for Middle School East Girls' Soccer tryouts for the 2019-2020 school year.

The voluntary practice (mini-camp) will be Tuesday August 20, Wednesday August 21 and Thursday August 22 @ East from 6:00-7:30 p.m. The first official day of practice will be on Monday, August 26 @ 3:00pm. (the first day of school). All players must have completed paperwork in order to participate. The paperwork includes PIAA paperwork signed by doctor and parent, student responsibility form, eligibility information form and emergency procedure card. Without these forms, players will not be allowed to participate. School physicals will NOT be offered by the district this year. All information and physical forms are available on the East Website at: https://www.boertownasd.org/Domain/9

Teams will be selected based on grade level - all 8th graders will play on the 8th grade team and 7th graders will play on the 7th grade team. Coaches are looking for foot skills, coachability, speed, endurance, field sense, and aggression. There are no guarantees that athletes have spots on the team, they must earn their places every year. Just because an athlete played last year does not guarantee a roster spot. Athletes grow and change at different rates and the coaches are trying to field the best team possible with the athletes that they have. This is considered interscholastic sports and there is no guarantee of making a team or playing time once teams are established.

Athletes are expected to come into soccer season in good physical condition. For at least a month prior to tryouts, athletes should try to run every other day to obtain physical fitness. They should vary their running between long distances (1-1.5 miles) and sprint work. Athletes should try to run on softer surfaces, grass, tracks, etc. to simulate the field conditions of soccer. Athletes will be expected to run from day 1 at practices and need to be prepared for it.

Practices run from 3 - 5 p.m. every day after school. Athletes may not wear any jewelry at practice, so please don't get new piercings immediately before the start of school. Athletes should be picked up promptly at 5:15 p.m. Athletes need to come prepared with water bottles, clothing for indoor and outdoor practice, sneakers or cleats, soccer socks, shin guards, and their own equipment (if they have it, labeled with their name. Please DO NOT bring your own ball).

See you in August!

The East Girls' Soccer Coaches

Coach Goddard, Head Coach
Soupysoccer6@comcast.net
Cell 484-256-5390

Heather Maraldo, Assistant Coach