



## IMPORTANT DATES

**PRE-SEASON FITNESS BEGINS** = Tues, Jan 5<sup>th</sup> (meets Mon, Tues & Thurs)

**PRE-SEASON FITNESS ENDS** = Thurs, Jan 28<sup>th</sup>

**FIT TEST SIGN-UPS/FINAL MEETING** = Wed, Jan 20<sup>th</sup>, 3:00pm in Old Cafe

**FIT TESTS** = Mon, Feb 1<sup>st</sup> – Thurs, Feb 4<sup>th</sup>

**TRY-OUTS** = Mon, Feb 8<sup>th</sup> – 18<sup>th</sup>

**FIRST GAME** = Fri & Sat Feb 26<sup>th</sup> & 27<sup>th</sup> (V at Folsom & JV & F in Woodland)

### PRE-SEASON FITNESS =

- 3:30-4:45pm
- every Tues in the ARMORY...Mon & Thurs will meet at field
- ALWAYS bring your runners & cleats
- Will be a punch card system for attendance (attending only helps you)
- Direct prep for the fit test

### FIT TEST =

- 25yrd Shuttle Test
- 6 people will run at a time (each have their own timer)
- run up/back 6 times
- goal = 65 seconds...
- 4 reps (work-to-rest ratio = 1 to 3)

### TRAINING & TRY-OUT TIMES

- 3:20-4:30PM = F & JV session on split field
- 4:15PM = V warm up off field
- 4:30-5:45PM = V session on field
- WHY?!
  - More connection within program
  - Froshies needed an upgrade in their field (this is best solution)
  - Allows for overlap where coaches can evaluate younger players...last year Varsity did not pick up any younger players due to HEAVY senior class representation... this year that is not the case.

# SFHS SOCCER TRY-OUT INTRO MEETING

## Dec 8<sup>th</sup> 3:00pm

Welcome...  
Intro Staff...

### New league brings more league games....

- Why is that important?!
- Have one tournament & FOUR non-league games... before league begins on Monday, March 14th
- We NEED to be READY EARLIER this year – we'll have fewer pre-season games to get fit/prepare
- We need to START prepared
- Teams in league = Davis, Monterey Trail, Sheldon, Franklin, Elk Grove, Grant, Pleasant Grove

### TRY-OUTS:

- will begin Feb 8<sup>th</sup> - 2 weeks...
  - too long to fake it... What will YOU DO...play to survive or play to succeed?!
- so I can prepare for the numbers & have good sessions ready...
  - develop a list of who to expect...
  - three sheets ready for you to complete... organized by froshie, JV & Varsity
  - if you have a very specific intention of jumping a level, simply place a star by your name... you will start with your class unless directed by me.
- it will again be competitive & difficult to make the squad but not freakishly so like last year
  - Varsity = 13 returners (if all were to return)...I am aware that some seniors may try-out for the first time or we may choose to pull up some of our rising stars

### FITNESS:

- 25 yrd Shuttle... will be ranked... 65 sec is goal for EACH rep
- will be a criteria...will be taken into consideration = COULD determine if you MAKE THE TEAM
- Fit Packet... will be posted for you to download, I suggest you print your own copy
  - More than you need...
  - Wouldn't you rather be more prepared than UNDER-prepared?!
  - It's positive... inclusive... recovery, technical development... take advantage!!
  - Excellent prep for those with collegiate aspirations
  - Many of you play club... I get it... find a way to do more... you will need that preparation once season starts...

