

TRY-OUTS – For Fall Season 2010

Begin Monday, 8/23/10 – JV/Varsity
Begin Tuesday, 9/7/10 - Modified

Very Important: Players must be cleared by the nurse's office before they are allowed to practice. Forms from the nurse's office must be given to the coach at collection meeting or at the first practice.

For try-outs: Players should have soccer cleats, shin guards, sneakers that can be used for running (don't have to be running shoes), and water.

Players (**Grades 9-12**) trying out for Varsity and JV are expected to:

- Fitness Run: Varsity players REQUIRED: 2 miles in 13 minutes. This run is heavily weighted when selecting teams. Players will be repeat the run until this requirement is satisfied
- JV Players should be able to complete 2 miles in 15 minutes
- Strength: 30 consecutive pushups (Proper technique)
- Juggling: Players should be able to juggle the ball the length of the field (midfield is a must)
- Players should be able to juggle a minimum of 30 consecutive times with each foot.
- Players should be able to head ball with a partner a minimum of 30 consecutive times.

Practice Times (Varsity/JV): All times may change; coaches will inform players of changes.

Date	Times	Team	Location
Mon Aug 23	9:00 – 12:00	Varsity/JV	Durgee
Mon Aug 23	5:30 – 8:00	Varsity/JV	Durgee
Tues Aug 24	9:00 – 12:00	Varsity/JV	Durgee
Tues Aug 24	5:30 – 8:00	Varsity/JV	Durgee
Wed Aug 25	9:00 – 12:00	Varsity/JV	Durgee
Wed Aug 25	4:00 – 5:30	Varsity/JV	Durgee
Thurs Aug 26	9:00 – 12:00	Varsity/JV	Durgee
Thurs Aug 26	3:00 – 6:00	Varsity/JV	Durgee
Fri Aug 27	9:00 – 12:00	Varsity/JV	Durgee

Practice Times (Modified):

For 7th and 8th Grade Players Only - 8th Grade Players from Durgee should take the sports bus to Ray after school, parents should pick their son up at Ray at the end of practice.

Date	Times	Team	Location
Tues Sept 7	3:00 – 5:00	Modified	Ray Middle School
Wed Sept 8 (1 st day of school)	3:00 – 5:00	Modified	Ray Middle School
Thurs Sept 9	3:00 – 5:00	Modified	Ray Middle School
Fri Sept 10	3:00 – 5:00	Modified	Ray Middle School