



# SCHS Girls Soccer

## TRYOUT INFORMATION 2023

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**Back-to-Back League CHAMPS!**

### Dear Players and Parents:

The Triton Soccer Program is looking for highly motivated and competitive athletes that love the sport of soccer and want to represent SCHS. Over 100 players are expected to be trying out for the Varsity, Junior Varsity, and Frosh/Soph teams. Each team will carry 18-24 players. All players will be trying out for two days with the third night being invitation only. We will be looking for players who we feel meet or exceed the level of play needed at each level to be successful. All players will be matched with and against returning players to see which players will play for SCHS this year. From these groups of players, we will select approximately 60-70 players to comprise the three teams that will represent San Clemente High School this season.

After the try-out process, the selected players will be added to the fifth period soccer class if they are not already in the class. If a player makes a soccer team, but is finishing a fall sport, the athlete will be moved over to soccer class when their fall sport ends. The official CIF start date for winter sports is on October 30, 2023. We will begin official practices that week and after school practices on Tuesdays and Thursdays will begin. Practices and games will continue until February. Please note that 100% accountability & attendance is expected during this time. Due to player & team development, games, and tournaments, the only vacation time that soccer players receive is November 18 thru November 26, December 23rd thru December 25<sup>th</sup> and Jan 1<sup>st</sup> – 7<sup>th</sup>. All Varsity players will practice at 3:00pm or later on December 26<sup>th</sup> to prepare for tournament on the December 27<sup>th</sup> - 29<sup>th</sup>.

**Please schedule any vacations around these dates.**

During the tryout process we will have our coaches' evaluating players. There are always some difficult decisions to make. While selecting the better players is relatively easy, many of the tougher decisions come when selecting the last 5 - 10 players from a group of up to 30 remaining players. To better assist the players trying out; we are not looking for flashy players with no purpose to their play, but for players that have the following attributes:

1. **Work Rate** - *do you transition to pick up players defensively after working forward in attack?*
2. **Attitude** - *How do you respond to coaching & how do you present yourself?*
3. **Speed, Strength, and Fitness** - *Some new players have trouble with bigger faster players 2-3 years older.*
4. **Solid skills** - *such as settling the ball, solid passing, and striking the ball well.*
5. **Good off the ball movement** - *what do you do when you don't have the ball?*
6. **Defensive skill** - *can you contain the attacker and not get beaten. Do you transition well?*
7. **Strength on or to the ball** - *holding the ball when pressured and winning balls in the air.*

**TRYOUT DATES and TIMES:** All players that wish to play next season MUST attend all tryouts to be considered. The try-outs below will be at SCHS Stadium.

### Freshmen(9<sup>th</sup>) Try-Outs:

Wednesday, September 13 <sup>th</sup>	6:00 – 8:30pm	Tryouts:	Check in, Fitness Testing, small-sided games
Thursday, September 14 <sup>th</sup>	7:00 – 8:30pm	Tryouts:	Defending & Team Play, full field
*Friday, September 15 <sup>th</sup>	6:00 – 8:30pm	Tryouts:	Possible Tryout – <b>Invite Only</b>

### Upper Classman (10<sup>th</sup> – 12<sup>th</sup> Grade) Try-Outs – Includes ALL upper classmen

Wednesday, September 13 <sup>th</sup>	6:00 – 8:30pm	Tryouts:	Check in, Fitness Test, small-sided games
Thursday, September 14 <sup>th</sup>	8:00 – 9:30pm	Tryouts:	Defending and Team Play, full field
*Friday, September 15 <sup>th</sup>	6:00 – 8:30pm	Tryouts:	Possible Tryout – <b>Invite Only</b>

## Tryout Instructions

**To be considered for tryouts**..... All players are expected to show the effort & responsibility it takes to complete the following items prior to the try-outs.

Player Checklist.....

1. Players must attend all scheduled tryouts!
2. The “Player Clearance Packet” .....includes a copy of your Physical Exam and copy of your Medical Insurance Card which must be uploaded online within your Athletic Clearance at [www.athleticclearance.com](http://www.athleticclearance.com).

**All Physical Clearances MUST be done BEFORE – Wednesday, September 13<sup>th</sup>**

Instructions for the Athletic Clearance process can be found online at.....

<https://www.sanclementeathletics.com/athletic-clearance>

3. Bring Cleats, Running Shoes and Shin Guards to ALL tryouts.
4. Players must wear black or white shorts and a red shirt.  
If the player has a red shirt from camp or summer league this shirt is preferred.

**NO Club soccer gear allowed!**

5. Players need a 2.0 GPA to be eligible to play soccer.

Thank you and Good Luck during tryouts!!!!