

SCHS Girls Soccer

TRYOUT INFORMATION 2026



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 (JV), and Frosh/Soph teams. Each team will carry 20-26 players. 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 65 – 75 players for the three teams that will represent SCHS this season.

The first official practice date will be November 4, 2026. Practices and games will continue until February. Please note that 100% accountability & attendance is expected during the winter season. Due to player/team development, games, and tournaments, the only vacation time that soccer players receive during the High School winter season this year is **November 25th – 29th and December 20th – December 27th (Varsity), 29th (JV & Frosh).** All teams will have games on December 30 and January 2.

Any conflicts with these dates MUST be emailed to the head coach BEFORE tryouts

Vacation is NOT a valid reason for missing practices or games.

During the tryout process we will have coaches' evaluating players. 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:

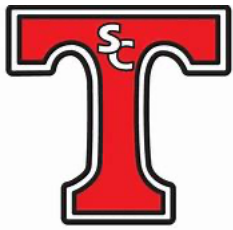
1. **Work Rate** – *How do you transition from attack to defense and defense to attack quickly?*
2. **Attitude** - *How do you respond to coaching & how do you present yourself?*
3. **Speed, Strength, and Fitness** – *How do you contend with bigger faster players 2-3 years older.*
4. **Solid skills** - *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 are expected to attend all sessions.

Monday, September 14, 2026	6:15 – 8:15 am	SCHS Stadium
Thursday, September 17, 2026	7:00 – 9:00 pm	SCHS Stadium

Tryouts will include:

- fitness test
- agility tests
- small-sided games
- full-field soccer



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All players are expected to show the effort & responsibility it takes to complete the following items prior to the try-outs.

1. Players are expected to attend all scheduled tryouts.
2. The “Athletic 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 on HomeCampus.

All Physical Clearances MUST be done BEFORE – Monday September 14!

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. NO Jewelry may be worn during tryouts.
4. Players must wear black shorts and a **2026 red summer camp shirt**.
Players that did not attend the summer camp will be given a red shirt with a number.

NO Club soccer gear allowed!

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

Any questions should be directed to Head Coach Jennie Mann – jrmann@capousd.org
Thank you and Good Luck during tryouts!!!!

YOUR BEST – TOGETHER – COMPETE