

SCHS Girls Soccer TRYOUT INFORMATION 2024



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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 expected to attend both nights of tryouts. 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 first official practice date will be November 4, 2024. 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 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 is November 11, November 26th thru December 1st and December 21st – December 31st. All Varsity players will be practicing Jan 1st & 2nd, with games on Jan 3rd & 4th. All JV & F/So players will have games on Jan 3rd & 4th.

Please schedule any vacations around these dates.
Vacation is NOT a valid reason for missing practices or games.

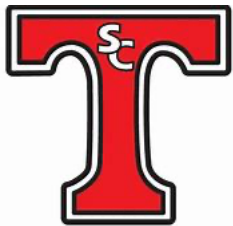
During the tryout process we will have our coaches' evaluating players. There are always some difficult decisions to make. While selecting the better players is relatively easy, many of the tougher decisions come when selecting the last 5 - 10 players from a group of up to 30 remaining players. To better 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 are expected to attend the first two days of tryouts..

Monday, September 9, 2024	6:15 – 8:15am – SCHS Stadium – Everyone attends
Friday, September 13, 2024	3:45 – 5:45pm – SCHS Stadium – Everyone attends

Tryouts will include a fitness test, agility tests, small-sided games, and full-field soccer.



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Tryout Instructions

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 the 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 at www.athleticclearance.com.

All Physical Clearances MUST be done BEFORE – Monday September 9!

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 2024 red shirt 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.

Thank you and Good Luck during tryouts!!!!