

FAQ's for Soccer Tryouts:

When are the Athletic Packets due?

You should turn them in by Feb. 10th to ensure that they will be completed and verified in time for tryouts, and for you to correct any items that are missing. For more information, go to

<http://webold.nsd.org//education/components/docmgr/default.php?sectiondetailid=71201&&PHPSESS ID=7b5b591fa1d855e2454263b478651f39>

If you plan on participating in the preseason fitness/Captain's practices (and you **should**), then you will need to have your packet turned in.

Can I tryout if my Athletic Packet isn't turned in or hasn't been approved?

NO! You can attend and watch, but will not be able to participate on the field without having your packet approved. If one item is missing or incomplete (even a signature!) you will not be allowed to participate until it is completed.

What about having the physical completed?

Physicals are considered up to date for up to 2 years after the date on the physical. If you had your last physical done on March 7th 2013, then on March 8th, 2014 you would be ineligible until you returned a new, updated physical.

When do tryouts begin and conclude?

The prep meeting for tryouts will be on Saturday, Feb. 28th from 9-Noon beginning on the field.

The first day of physical tryouts will be on Monday, March 2nd at the below times on the Inglemoor HS turf field:

- 2:30-4:30 pm - Sophomores and New Juniors (those who didn't tryout last year)
- 3:30 -5:30 pm- All Seniors and returning players
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Selections will have been made by the end of tryouts on Thursday, March 6th. Each player should be notified face to face by one of the coaches.

What are the coaches looking for?

Players who are skillful, smart, and fit. If you are able to keep possession in the practices, and finish in the upper half of the fitness tests, then you will probably be okay.

Where do I find the fitness tests?

You can find them on the Boys Soccer website at:

<http://www.eteamz.com/IHSBoysSoccer/handouts/>

Look for the files under the Fitness category. Goalkeepers have different fitness measurements than field players because they shouldn't have to run so much (hopefully!).

I am going to DECA State and perhaps Nationals. Will that affect the chances of making the team or playing?

You will need 10 practice days in before being able to play in your first game (2 a days do NOT count as more than 1 practice day, nor do games count for practice days). The 1st game may be after 11 practices. You will miss 3 practices if you attend DECA State without going to practice from March 5th-7th, and that includes the last day of tryouts. Therefore, if you make the team you will be unable to play in the first 2 games if you miss 3 practices. If you were to attend DECA Nationals, there is the possibility that you could miss 2-3 more games including the Kingco Playoffs. That will influence the coach's decisions about team placement and making the team.

When are the practice times?

On weekdays (non-game days), practice will run from 3:15-5:15. There will be Saturday sessions from 8-9:30 am. The coaches may occasionally not have practice on one of those days, and will announce it to the players. There will also be team practices and teambuilding events the first weekend after tryouts that will take up Friday evening and Saturday afternoon and evening.

Will there be Saturday practices?

Yes, this year there will be Saturday AM practices. The main reason for this is for recovery. Recent studies (by the US Olympic program and US Soccer) have shown that moderate exercise improves recovery time and performance even up to 5 days out.

What are the team building sessions about?

We will be going over goal setting (personal and team), defining roles, skill building sessions on how to improve your performance with psychological tools used by Olympic and professional athletes, and learning how to work together. We use the weekend to build our team culture, and define our tactical approach. Like our practices, we want it to be challenging yet enjoyable through achievement.

How can I get in touch with the coach?

You can contact Coach Kevin McGibbon thru:

Email- kevinmcgibbon@yahoo.com

Facebook- <https://www.facebook.com/kevin.inglemoorsoccer>

Phone/text: 425-273-0251 (Remember to leave me your name!)