

FAQ's for Soccer Tryouts:

- **When are the Spring Athletic packets due?**
 - You should turn them in by Tuesday, Feb. 14th 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://www.nsd.org/education/components/scrapbook/default.php?sectiondetailid=96313&&PHPSESSID=7b5b591fa1d855e2454263b478651f39>
- **Can I tryout without the Spring Athletic packet?**
 - **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. Watching a practice without your packet turned in **does not** count as one of the 10 practices necessary to play in games.
- **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 2010, then on March 8th 2012 you would be ineligible until you returned a new, updated physical.
- **When do tryouts begin and conclude?**
 - The first day for tryouts will be on Monday, Feb. 27th at 3:15 pm on the Inglemoor HS turf field. The daily sessions will conclude at 5:30, and selections will have been made by the end of tryouts on Thursday, March 2nd. 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.
- **What are 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'm 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 and 2nd games are after 11 practices. You will miss 2 practices if you attend DECA State from March 8th-10th. If you were to attend DECA Nationals, there is the possibility that you could miss 2 more games. The coaching staff feels that it would not be fair to team members for teammates to miss 4 games for a club activity.

- **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 much of Saturday. **Team members are expected to attend.**

- **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 teambuilding 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. Like our practices, we want it to be challenging yet enjoyable through achievement.