

To: Harriton High School Boys Soccer Candidates
From: Biff Sturla, Head Coach, Boys Varsity, sturlab@lmsd.org
Date: May 11, 2020

This letter is going out to all Harriton students who have expressed an interest in playing in the boys' soccer program this coming fall season. If you are not interested in playing boys soccer this fall, please let me know so I can remove you from my e-mail list.

Pre-season for all fall sports in public schools in Pennsylvania will start on Monday, August 17. Per school district rules, all students who wish to be considered for the varsity or junior varsity **MUST** be available to start on that date. Freshman who only want to be considered for the freshman team do not need to attend pre-season (but are welcome to do so).

MEDICAL FORM / PARENT PERMISSION FORM

The school district requires each player to have a physical exam. This may be done by your family physician. Players may not participate in a fall sport unless they have passed a physical exam. All players must turn in a PIAA form signed both by a parent and by a physician. This form is available at the athletic office or by calling Sue Shannon in the athletic office.

School District Rules prohibit any player from participating until ALL paperwork is completed. This form must be signed by your doctor **on or after June 1st**. Players will not be able to practice until this is completed. Once the paperwork is signed by your physician (needs several signatures) and by a parent (also needing several signatures) ...

please mail your SIGNED forms to me at: Biff Sturla, 149 Clemson Road, Bryn Mawr, PA 19010.

OVERVIEW OF TEAM SELECTION

Below is a brief overview of the team selection process, depending on what grade each player will be entering:

SENIORS will not be invited to play J.V. The Varsity roster will be selected no later than Friday, August 21. Seniors not offered a spot on the Varsity will not be offered a spot anywhere in the program and will not be invited back for the second week of pre-season.

JUNIORS will only be considered for Junior Varsity if there is room for them on the J.V. Priority for JV roster spots will be given to younger players. We will only take juniors on the J.V. if there are not enough younger players to make a full J.V. roster. Juniors not making Varsity or J.V. will not be invited back for the second week of pre-season.

SOPHOMORES not making Varsity will be considered for J.V., but are not guaranteed a spot on J.V.

FRESHMAN attending pre-season will be considered for Varsity and J.V. The Varsity has had one or more freshman on the Varsity every year for the past 18 years. Freshman NOT wishing to be considered for the varsity or J.V. do not need to attend pre-season. The school will have a meeting on the first day of classes for students wishing to play on the 9th grade team. The school will form a 9th grade team as long as there are enough players to form a team. Players on the 9th grade team will immediately need to have a physical exam completed and a physical form handed in before they may participate. It is recommended that they have the physical exam done before school starts. Freshman attending pre-season who do not make varsity or JV will be placed on the freshman team.

COACHING STAFF

Varsity Head Coach: Biff Sturla – This season will be my 19th year as head coach at Harriton, 26th year as high school head coach and 39th year coaching at Lower Merion Soccer Club (President since 1999). I am a huge Arsenal supporter.

Varsity Assistant Coach: Alex Srolis – This season will be Alex's fourth season coaching at Harriton. Alex was a four year starter at West Chester University. As a senior, Alex was honored as an NSCAA All-Atlantic Region selection and was a first team all ECAC selection. Alex set career records at West Chester for games played as a goalkeeper (80), minutes played (7018), career wins (61) and career shutouts (36).

JV Coach: TBD. We are in the process of hiring a JV Coach.

PRE-SEASON WEEK 1 (AUGUST 17-21)

THIS IS ONLY A TENTATIVE SCHEDULE

MONDAY, AUGUST 17

8:00 AM
9:30 AM - 10:00 AM

10:00 AM - 12:00 PM
3:00 PM – 4:00 PM
3:30 PM - 5:30 PM

Mandatory Meeting for all Harriton fall sports team members in the auditorium.
On the track, in sneakers for fitness test: Mile Run.
Seniors and returning varsity players must make the run in **under** 5:50
Freshman must make the run in **under** 6:10
All others must make the run in **under** 6:00
Practice inside the stadium (turf field)
Goalie training with Alex (goalies stay till 5:30)
Practice on the grass field, next to stadium
Note: At some point in the day, freshman, juniors and all new students will have to go to the trainer and do the mandatory baseline concussion testing. Players who did the test last year will not have to do the test this year. A consent form will need to be signed by a parent prior to doing this. If the form is not signed, the player will not be able to participate in the soccer program.

TUESDAY, AUGUST 18

9:30 AM - 10:00 AM

10:00 AM - 12:00 PM
3:00 PM – 4:00 PM
3:30 PM - 5:30 PM

On the track, in sneakers for fitness test: Mile Run In Pairs
Players grouped in pairs. The first player runs one lap (holding a baton). At the end of the lap, he hands the baton off to his partner who runs one lap and hands the baton back to the first player. This process continues until all players have run one mile.
Practice on the grass field, next to stadium
Goalie training with Alex (goalies stay till 5:30)
Grass field (next to stadium)

WEDNESDAY, AUGUST 19

9:30 AM - 10:00 AM

10:00 AM - 12:00 PM
2:30 PM - 4:30 PM
3:00 PM – 4:00 PM
4:00 PM - 6:00 PM

On the track, in sneakers, for fitness test: Mile Run in Groups of Three
Players paired in groups of 3. Players 1 and 3 start at one side of the track. Player 2 starts on the opposite side of the track. Each group has a baton. Player 1 sprints half a lap to the other side of the track and hands the baton to player 2. Player 2 sprints half a lap, back to the starting line and hands the baton off to player 3. He takes the baton and sprints a half lap to player 1. This continues until all players have sprinted 8 half laps (one mile).
Practice inside the stadium (turf field)
Grass field (for players not currently under consideration for varsity)
Goalie training for goalies not in the 2:30 group. Those goalies still till 6:00 PM.
Grass field (seniors, returning varsity players and players currently under consideration)

THURSDAY, AUGUST 20

9:30 AM - 10:00 AM

10:00 AM - 12:00 PM
2:30 PM - 4:30 PM
3:00 PM – 4:00 PM
4:00 PM - 6:00 PM

On the track, in sneakers for fitness test: Cooper Test.
Each player runs as many laps as possible in 12 minutes. Players need to make a minimum of 7 laps in the 12 minutes.
Practice inside the stadium (turf field)
Grass field (for players not currently under consideration for varsity)
Goalie training for goalies not in the 2:30 group. Those goalies stay till 6:00 PM
Grass field (seniors, returning varsity players and players currently under consideration)

FRIDAY, AUGUST 21

9:30 AM - 10:00 AM
10:00 AM - 12:00 PM
2:30 PM - 4:30 PM
3:00 PM – 4:00 PM
4:00 PM - 6:00 PM

Warmup and stretch for 30 minutes.
Practice inside the stadium (turf field)
Grass field (for players not currently under consideration for varsity)
Goalie training for goalies not in the 2:30 group. Those goalies still till 6:00 PM
Grass field (seniors, returning varsity players and players currently under consideration)

PRE-SEASON WEEK 2 (AUGUST 24-28) THIS IS ONLY A TENTATIVE SCHEDULE

The schedule below is only for the varsity. The J.V. will one practice a day, Monday, Wednesday and Thursday and then play in the Shipley School Play Day on Friday, August 28 (details below). JV practice times are TBD.

MONDAY, AUGUST 24

9:30 AM - 10:00 AM On the track in sneakers for fitness work
10:00 AM - 12:00 PM Turf Field
2:30 PM – 3:30 PM Goalie training with Alex (goalies still until 5:00 PM)
3:00 PM - 5:00 PM Grass Field

TUESDAY, AUGUST 25

TBD Possible scrimmage, opponent, time and location TBD

WEDNESDAY, AUGUST 26

9:30 AM - 10:00 AM On the track in sneakers for fitness work
10:00 AM - 12:00 PM Grass Field
3:00 PM - 5:00 PM Turf Field

THURSDAY, AUGUST 27

9:30 AM - 10:00 AM On the track in sneakers for fitness work
10:00 AM - 12:00 PM Grass Field
3:00 PM - 5:00 PM Turf Field

FRIDAY, AUGUST 28

The Varsity and JV will each be part of a 10 school play day at The Shipley School. The Varsity will play at the Farm Fields (1319 Waverly Road in Gladwyne) while the JV will play at the Fuller Fields (829 Montgomery Avenue in Bryn Mawr). Each team will play three half games (40 minutes each for Varsity) against different opponents. Some participating schools will play in the morning, some participating schools will play in the afternoon.

PRE-SEASON WEEK 3 (AUGUST 31-SEPT. 4) THIS IS ONLY A TENTATIVE SCHEDULE

The practice schedule below is **only for the varsity**. The JV will have one practice, Monday through Thursday, time TBD. They will have a regular season game on both Friday and Saturday.

MONDAY, AUGUST 31

12:30 PM Fitness On The Track
1:00 PM - 3:00 PM Turf Field

TUESDAY, SEPTEMBER 1

1:00 PM – 3:00 PM Turf Field

WEDNESDAY, SEPTEMBER 2

1:00 AM - 3:00 PM Turf Field

THURSDAY, SEPTEMBER 3

1:00 AM - 3:00 PM Turf Field

FRIDAY, SEPTEMBER 4

Afternoon First game of regular season (varsity and JV). Opponent and location TBD.

SEPTEMBER 5 - 7

All Day Vacation

NOTES ON PRE-SEASON

What To Bring:

- white shirt
- dark shirt
- size 5 soccer ball (pumped up and in playing condition with name written on it)
- shin guards (mandatory for all contact activities)
- sneakers (required for all conditioning activities on the track)
- cleats
- a filled plastic water bottle (water refills will be readily available on the field)

The school trainer will be available during pre-season. Players who need to see the trainer during pre-season will need to get to the trainer's room at least 30 minutes before practice.

I have left enough time for everyone to get a good lunch and rest in between practices.

Pre-Season Tests

Players are **STRONGLY** urged to come to pre-season in good physical shape. Working out during the summer months will be very important. Those players not able to meet the demands of the mile run will continue doing these tests during the second week of pre-season until they get the required time / distance to pass. Veteran players will tell you it is much better to come to camp in shape and pass the tests the first time.

It will be quite obvious to the coaches which players trained in the off-season and which did not. Those players who are not in good enough shape to keep up in pre-season will be at a major disadvantage when it comes time for the coaches to choose a varsity, as well as decide who plays on game day and who does not.

Players Not On My Mailing List: I'm sure there are some players who will be trying out who did not receive this letter. If you know of someone who did not receive my letter, please let me know so I can add that person to my mailing list. Please ask them to e-mail me so that I can send them a letter for pre-season.

Please remember that you will not be allowed to participate until I have your medical form. This form **MUST** be signed by your physician and **MUST** be signed by your parent. The physical exam must take place on or after June 1st. Please mail the form to me at: Biff Sturla, 149 Clemson Road, Bryn Mawr, PA 19010. You may also bring the form to the first day of pre-season.

Sincerely,



Biff Sturla
Harriton Boys Soccer
sturlab@lmsd.org