

To: Harriton High School Girls Soccer Candidates
From: Jeff Rhodes, Head Coach Girls Varsity
Date: May 20, 2019

Dear Soccer Player,

I am writing this letter to all prospective girls' soccer players at Harriton for the fall 2019 season. Hopefully this letter will address all of your needs/concerns regarding preseason. If you do have questions, please feel free to contact me anytime at rhodesj@lmsd.org. Preseason for all public-school fall sports will begin on Monday, August 13th. All preseason practices will be located at Harriton High School. If anyone has difficulty with transportation to or from practice, please contact me prior to the start of preseason. For the first week (August 12th-16th), tryouts will be as follows:

August 12th

7:15-11:00 AM Harriton High School (Grass Field)*
2:30-5:00 PM Harriton High School (LGI/Stadium Field)

August 13th

9:00-11:00 AM Harriton High School (Grass Field)
2:30-5:00 PM Harriton High School (LGI/Stadium Field)

August 14th

9:00-11:00 AM Harriton High School (Grass Field)
2:30-5:00 PM Harriton High School (LGI/Stadium Field)

August 15th

9:00-11:00 AM Harriton High School (Grass Field)
2:30-5:00 PM Harriton High School (LGI/Stadium Field)

August 16th

9:00-11:00 AM Harriton High School (Grass Field)
2:30-5:00 PM Harriton High School (LGI/Stadium Field)

* From 8:00 AM to 9:00 AM there is a mandatory meeting for all student/athletes on August 12th. The mile timed run will be completed before the meeting so that we have ample room on the track.

All returning players wishing to be considered for varsity or junior varsity will need to be ready to start practices on Monday (8/12). Players should be available to be at all practices starting that week. Enough time has been provided for everyone to be able to get a good lunch and adequate rest between practices. Freshman who only wish to be considered for the junior varsity team are not required to be at preseason but are strongly encouraged to attend.

Players will be asked to bring the following to practices: soccer ball (pumped up and in playing condition), shin guards, sneakers, cleats and a filled plastic water bottle. The school trainer will be available during preseason. Players who need to see the trainer during preseason will need to get to the trainer's room at least 30 minutes before practice.

Medical Form / Parent Permission Form: Before the season begins, the District requires paperwork to be completed by all players. Please get the necessary form from Harriton's athletic office. If you need the form, contact the Athletic Secretary at (610) 658-3976 or visit www.lmsd.org. You will need to have a physical exam **AFTER** June 1st. Your physician will need to fill out the physical form upon completion of the exam. Be sure to bring the form to the doctor's office. Also, your parents will need to sign the form in several places, giving their permission for you to participate. The District and PIAA rules prohibit any player from participating until ALL paperwork is completed. Please get this completed right away so that you will be eligible to participate.

Varsity and JV Teams: All returning players must be at preseason from the beginning. Players not attending preseason may not be considered for either team and may not be allowed to join the team after preseason has begun. Also, please note that returning varsity players must make the varsity team each year.

Preseason Conditioning Tests: This year we will begin preseason at Harriton High School on the track at the stadium field. We will do a different conditioning test each day during the first week of preseason. Players are to arrive in sneakers to all morning practices for the run. Players will switch into cleats and shin guards after the run.

Monday, August 12:	Mile run for time. Players who want to be considered for varsity should run < 7:30-minute mile.
Tuesday, August 13:	Strength Test
Wednesday, August 14:	Beep test.
Thursday, August 15:	Technical Test
Friday, August 16:	Repeat timed runs or strength/technical tests.
Saturday, August 17:	Off

Players are strongly urged to come to preseason in good physical shape. Working out during the summer months will be very important. Those players not able to meet the demands of the timed test may not be considered for varsity. Those players who are not in good enough shape to keep up in preseason 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. More importantly, coming to preseason in shape will reduce the stress on your body and help prevent injuries!

Second Week of Preseason: Preseason will resume on Monday, August 19th with two a day practices for the varsity team only. Our first scrimmage is at Baldwin on 9/24 at 10am.

Third Week of Pre-Season: Varsity will be moving to one-a-day practices from this point forward. Practices will occur run from 3-5:30pm for the remainder of the school year. Our final scrimmage occurs against Great Valley (9/27).

Regular Season: Our regular season begins Labor Day weekend against Interboro High School (8/30) at 10am. The PIAA District Playoffs will start towards the end of October.

Players Not on My Mailing List: I am 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 preseason.

I am looking forward to a fun and successful season. All players will need to get their paperwork and physical completed. Again, the physical exam **MUST** be done on or after June 1st and before August 13th. I look forward to seeing everyone on Monday, August 13, 7:15 AM on the track at Harriton High School. Please arrive in sneakers for the mile run and be sure to bring the following to all practices:

- soccer ball (pumped up and in playing condition)
- shin guards
- filled plastic water bottle
- soccer cleats
- sneakers

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. You must either submit the form to the athletic office or bring the form to the first day of preseason. As always, if you have any questions, please feel free to let me know.

Sincerely,

Jeff Rhodes
Harriton Girls Soccer
rhodesj@lmsd.org