

## **PRESEASON INFORMATION**

**Registration** should be open online through EPHS Activities by July 1; you need to be registered to tryout.

**Physical** – all athletes need an up-to-date physical to play (last three years).

**Open Soccer Dates** – Tuesday and Thursday July 16, 18, 23 and 25, 6:30-8:30, turf field B at the high school. This is not mandatory; we did this last year – this is a good chance for free play and to get to know some other players in our program.

**Tryouts** begin August 12. Practices from 8-10, and 4-6 (two-a-days) at the high school that first week. Team practice schedules will be determined after teams are selected. Once School starts, teams practice between 3:00-5:00 after school at the high school.

**Summer Fitness Check Points** – We've asked that our players, especially those that plan on competing for a Varsity position, report to tryouts in better shape this year. Our rationale is that we want to spend time and energy on technical and tactical aspects of the game, not on conditioning. Also, once we start games, it's very difficult to condition when you have games nearly every other day. To that end we will have a **Fitness Test** on Wednesday, August 14 during tryout week. Most players know, but the test is:

- 80 yard sprint – completed in 14 seconds – return jog 80 yards to the beginning in 26 seconds - 1 set in 40 seconds. We would expect a varsity player to be able to do 12-15 sets.

We are offering an opportunity – not mandatory – for players to come and see where they stand in terms of their own fitness. If they choose to come and run through our fitness test, they will know if they're on target to meet our high school requirements. The test should take less than 15 minutes.

**First Check Point** – either 8:00 pm, Sunday, June 23, or 9:00 am, June 24.

**Second Check Point** – either 6:30 pm, Tuesday, July 23, or 6:30 pm, Thursday, July 25.

**Captains' Practices** will be determined and run by the captains between July 29<sup>th</sup> and August 10.

## **2019 SEASON**

**Tryouts** – We have four teams: Varsity, JV, B Squad, and 9<sup>th</sup> grade. The teams are chosen based on ability. In the past a player could play up (we had 9<sup>th</sup> graders on all four teams last year), but not down (no seniors on JV, no juniors on B Squad, etc.). We had about 100 players

tryout last year; we kept 75. There will be cuts – it is an unfortunate by-product of having a successful program.

- Note: There will be Varsity and JV scrimmages on Saturday, August 17, 9-12 at EPHS

**Game Schedule** – games can be found on the Lake Conference Website through this link:

<http://lakeconference.org/public/genie/23/school/1016/>

There is a pull-down menu to navigate to find the schedule for each level.

**PAC Meeting** – MANDATORY PAC MEETING (Parents Athletes Coaches) on Tuesday, August 20, at 6:00 in the auditorium at EPHS.

**Fund Raising** – All Players that make a team will be expected to participate in our fund raising efforts. We will have our kick-off on Wednesday, August 14, and our full team blitz will be on Saturday afternoon August 17.

**Apparel** – we have decided to open up the purchase of apparel to players on all levels. That store will be open on line after teams are selected.

**Varsity Players** – we are planning a team overnight at Baker Park on Monday, August 19<sup>th</sup>. More information to follow.

**Varsity Coaches**

Rob St. Clair                      and              Jim Williams  
[rstclair@edenpr.org](mailto:rstclair@edenpr.org)                      [jwilliams@edenpr.org](mailto:jwilliams@edenpr.org)

**JV Coach**

Doug Boonstra  
[dboonsta@edenpr.org](mailto:dboonsta@edenpr.org)

**B Squad Coach**

John Becker  
[jbecker@edenpr.org](mailto:jbecker@edenpr.org)

**9<sup>th</sup> Grade Coach**

Dante Irizarry  
[Dante\\_irizarry@outlook.com](mailto:Dante_irizarry@outlook.com)