

# Spring Lake Park

## Fall 2019 Boys Soccer Season

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Junior Varsity Head Coach: Jeremy Harris. 651.354.0564. [jmhkfh@gmail.com](mailto:jmhkfh@gmail.com)

B Squad Coach: TBD

C Squad Coach: Jim Kirberger. 763.360.2541. [kirberger22@yahoo.com](mailto:kirberger22@yahoo.com)

Facebook Page: Spring Lake Park Boys Soccer (information is disseminated on this page)

### Important SLP Boys Soccer Tryout Information

#### REGISTRATION

All athletes intending to tryout must complete the following before participating in tryouts on August 12<sup>th</sup>

- • **the online registration through SLP website**
- • **payment option for student athletic fee**
- • **have a current sports physical on file at the SLP athletic office**

Each registered player will pay a fee of \$25 for tryout shirts and uniform socks, to be paid at tryout check-in. The shirts will be worn each day of tryouts and at practice throughout the season.

WHAT TO BRING - Each registered player should bring:

- • Cleats
- • Shin guards
- • Soccer ball
- • Water
- • Tennis shoes
- • \$25 for the tryout shirts and socks on day 1; then bring both shirts each day following. Socks will be handed out on a later date once team placement has occurred.

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TIME/LOCATION Check-in: Fields 48 and 49 at the National Sports Center (In front of Centerview Elementary)

Check-in begins at 7:00 am on Monday, August 12<sup>th</sup>

Tryouts are from Monday, August 12<sup>th</sup> - Friday, August 16<sup>th</sup> from 8-9:30am & 11-12:30pm on fields 48 and 49 at the National Sports Center

### Core Values and Expectations of those participating in the Boys Soccer Program:

1. To represent the school and the community in the best way possible.
2. Academics come first. You will be held accountable for how you perform in the classroom.
3. We will all support each other on and off the field, regardless of which level we participate. We are all part of the same program
4. To strive to improve each and every day... win or lose.
5. The process/preparation is more important than the end result.
6. Have fun!

## What to expect from Tryouts/Season:

1. Tryouts will begin Monday, August 12. 8:00am - 9:30am and 11:00am - 12:30pm each day the first week. Check in is at 7:00am the first day on fields 48 and 49 at NSC. Please make sure your child is prepared to give the following info: Parent phone number and their own cell phone number if they have one. Also, they will need to provide us with a parent and child email address. Each player must also bring \$25 to purchase their tryout shirts which will be required for tryouts. This fee will also include the socks for their game uniform.
2. Every player **MUST** be registered and cleared to play by the school. Players will **NOT** be allowed to participate in tryouts until we have the clearance from the school. We can confirm this on site during check in.
3. In addition to the normal assessments of playing ability, players will also be tested in objective areas that could include 40 yard dash times, juggling, agility, endurance, strength, shot speed/accuracy, etc.
4. The level of team for which you play in the summer will **NOT** determine which team you will be playing with at the high school level. This will be an open tryout and everyone will be given the same opportunities.
5. The season consists of approximately 16 games depending on level. Practices will be held on the majority of days that games are not played.
6. The best way to get updates on the team and the program, including schedules and changes, is by talking to your son. The second best way is by "liking" the Spring Lake Park Boys Soccer page on Facebook.
7. Players are expected to ride the bus to and from all games.
8. Make sure that players bring water to all practices as there will not be access to any water at NSC. Also, any players that remain at the complex between sessions should also plan to bring a lunch
9. Tryouts are intense and it is highly recommended that players properly hydrate in order to perform well and avoid injury. Also, **DO NOT** buy brand new shoes right before tryouts that are not broken in. Blisters can completely ruin the week for players.
10. Once the season begins, C Squad and B Squad will practice at the brand new North field at Spring Lake Park High School at 3:30pm each non-game day, while the JV and Varsity will be holding their sessions at 5:30 at SLP Stadium. Exceptions can occur on days where the stadium is not available. Please refer to the dynamic schedule link that is posted on the Boys Soccer page on the SLP Website, as well as the team Facebook page.
11. The Parent/Player preseason picnic will be held Thursday, Aug. 15 at 6:00pm at Town Square Park in Blaine.

## How can you prepare:

1. Spring Lake Park High School offers a strength and conditioning program that is open to all student-athletes. You are not required to take part in this program, but it could help you perform at your best come fall season.
2. Train on your own. There is no replacement for getting as many touches on the ball as possible. This could be as simple as going out in your backyard and juggling, dribbling, practicing step-overs, scissors, Cruyff turns, Maradonas. Footskills is something on which we will really focus, and it's very easy to tell who practiced them on a regular basis and who didn't.
3. Watch games, watch games, watch games! I cannot emphasize enough the importance of watching high-level soccer as much as possible. With soccer increasing in popularity in this country, it is easier than ever to find professional games on TV. You could also attend MN United games, our own local professional team. It's easier to see everything that is happening away from the ball when you watch a game live. Get to as many games as possible, they are the least expensive ticket in town.