



FWHS Boys' Soccer 2021 **Program Expectations**

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No player shall step on the field without having provided the Athletic Director/ school nurse with a completed [Doctor's Medical Form](#). Additionally, all student/ athletes must complete the online [sports registration](#) process.

Expectations:

Be Motivated: Never settle for anything other than your best; have an intense desire to succeed

Be Dedicated: This means not just showing up at practice, but using practice as a means of self and team improvement

Have a "We" Mentality: As a member of the FWHS Soccer Team, you represent yourself and your team.

Fitness Requirements for Varsity Athletes:

Any athlete interested in playing at the varsity level must be able to run two miles in under **12:30**. However, an athlete can also meet the varsity requirement by running two miles twice in under **13:30**, followed by a **6:00** mile. Generally, these fitness assessments are run before or after practice, over a three day period. In addition, athletes must reach a level of 11 on the Beep Test. **Goalkeeper** requirements 13:45 two-mile or 14:45 twice and a 9.5 on the Beep Test. Additionally, **all varsity athletes** must be able to complete 35 push-ups as well as 35 sit-ups in one minute respectively.

Any athletes unable to complete the fitness/ strength requirements can still be eligible to make the team, but will not play in a regular-season varsity game until those specific tasks have been accomplished.

Requirements for Junior Varsity Athletes: Any athlete interested in playing junior varsity soccer must be able to run two miles in under **13:30**. However, an athlete can also meet the junior varsity requirement by running two miles twice in under **14:30**, followed by a **7:00** mile. These running requirements are tested before or after practice over a three day period. Any athletes unable to complete the fitness requirements can still be eligible to make the team, but will not play in a junior varsity game until those specific tasks have been accomplished.

Requirements for Freshman Athletes:

All freshman athletes are expected to be able to run JV times.

Team selection is an ongoing process that begins on 8/26 and may culminate on 8/29 depending upon technical ability. All athletes will be spoken to on 8/29, in person, by the coaching staff. They may or may not be invited back.

What to Bring On the First Day of Practice:

- Be certain all of your paperwork has been signed and filled out correctly
- A great attitude and a tenacious desire to work
- Soccer attire: (**Running Sneakers must be brought to all preseason practices**) cleats, shin guards, socks, shorts/ shirts, a soccer ball, and **water**.

Tryout Attendance Policy:

All athletes are EXPECTED to be at every tryout session assigned to their grade/ respective team within the program. For every session missed, you must sit-out one half of a regular season game. Vacations equate to absences. The coaches reserve the right to manipulate this policy on a case by case basis.

General Team Policy:

Attendance Requirement: In order to be recognized as a member of this team, you are expected to be at all practices and games. **Two unexcused absences = Dismissal from the team.**

If you are injured in any way, you must immediately report the injury to your coach and the athletic trainer.

Athletes must adhere to all rules and policies established by the Student Handbook and Athletic Handbook. Transportation to and from away meets will be provided by the school. All athletes must use the bus both to and from the game. If you have a unique circumstance, which requires alternate transportation, you must get written permission (using the official [Alternate Transportation Form](#)) IN ADVANCE from the FWHS Athletic Director and from your parents.