

To: Harriton High School Girls' Soccer Candidates
From: Jeff Rhodes, Head Coach - Girls Varsity
Date: May 18, 2021

Dear Soccer Player,

I am writing this letter to all prospective Harriton Girls' Soccer players for the fall 2021 season. Hopefully this letter will address all of your needs/concerns regarding preseason. If you do have questions, please feel free to contact me at rhodesj@lmsd.org. Preseason for all public-school fall sports will begin on Monday, August 16th. 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 16th-20th), tryouts will be as follows:

August 16th

7:15-10:00 AM - Harriton High School (Stadium Field)*
2:00-4:30 PM - Harriton High School (LGI/Grass Field)

August 17th

8:00-10:00 AM - Harriton High School (Stadium Field)
2:00-4:30 PM - Harriton High School (LGI/Grass Field)

August 18th

8:00-10:00 AM - Harriton High School (Stadium Field)
2:00-4:30 PM - Harriton High School (LGI/Grass Field)

August 19th

8:00-10:00 AM - Harriton High School (Stadium Field)
2:00-4:30 PM - Harriton High School (LGI/Grass Field)

August 20th

8:00-10:00 AM - Harriton High School (Stadium Field)
2:00-4:30 PM - Harriton High School (LGI/Grass Field)

* From 8:00 AM to 9:00 AM there is a mandatory meeting for all student/athletes on August 16th. The timed mile 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, August 16th. Players should be available to attend all practices starting that week. Enough time has been provided between practices for everyone to eat a nourishing lunch and get adequate rest. Freshman who only wish to be considered for the junior varsity team are not required to attend preseason, but are strongly encouraged to do so.

Players are asked to bring the following equipment to practices: soccer ball (pumped up and in playing condition), shin guards, sneakers, cleats and a filled plastic water bottle. Our 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 need to have a physical exam completed **AFTER June 1st**. Your physician will need to fill out the physical form upon completion of the exam, so be sure to bring the form to your physician's office. Also, your parent/guardian will need to sign the form in several places, giving his/her 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, but after June 1st, so you are eligible to participate. Once completed, you can mail the form to Harriton's Athletic Office or bring it with you to practice on August 16th.

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 try out for the varsity team each season.

Preseason Conditioning Tests: This year we will begin preseason at Harriton High School on the track around 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 change into cleats and shin guards after the run.

Monday, August 16 th :	Timed Mile Run - Players who want to be considered for varsity should run < 7:30-minute mile.
Tuesday, August 17 th :	Strength Test
Wednesday, August 18 th :	Beep test
Thursday, August 19 th :	Technical Test
Friday, August 20 th :	Repeat timed runs or strength/technical tests
Saturday, August 21 st :	Off
Sunday, August 22 nd :	Off

Players are strongly urged to come to preseason in good physical shape. Working out during the summer months is 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 during preseason will be at a major disadvantage when it comes time for the

coaches to choose a varsity squad, as well as when deciding who plays on game day and who does not. Most 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 23rd with two-a-day practices for the varsity team only. Our first scrimmage will take place during the 2nd week.

Third Week of Pre-Season: Varsity will be moving to one-a-day practices from this point forward. Practices will occur from 3-5:30pm for the remainder of the school year.

Regular Season: Our regular season begins Labor Day weekend and runs through the end of October. Playoffs begin in late October and can run through the middle of November.

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 completed on or after June 1st and before August 16th. I look forward to seeing everyone on Monday, August 16th at 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 completed physical form. This form must be signed by your physician as well as your parent/guardian. You must either submit the form to the athletic office or bring it to the first day of preseason. As always, if you have any questions, please feel free to let me know.

Sincerely,

Jeff Rhodes
Cassandra Cicalese
John DuVernois
Harriton Girls' Soccer
rhodesj@lmsd.org