

Dear Cubs,

We are looking forward to a new soccer season come winter. Tryouts will begin the week of October 31st (time & place TBD). We invite those who want to be challenged, work hard, are open to making and learning from mistakes, have a positive attitude and an unwavering commitment to teamwork. In a match you may only touch the ball for a maximum of 2 minutes. How will you support your team the rest of the time? Soccer is a tactical, technical and physically demanding sport; one which fosters an environment of characteristics that you not only need on the pitch but in life. With an experienced coaching staff and a dedicated team the season will be one to look forward to. Come join the squad!

Equipment needs:

- Soccer Cleats
- Soccer shin guards
- Running shoes- needed for running.

Note: shoes such as Air Force 1's, Chucks, Stan Smith's, skater shoes (ie: Vans), and other non-running and non-turf shoes must not be worn. They are not good for your feet when running.

Fitness expectations:

In order to be successful in full game play, proper nutrition, sleep, fitness and conditioning are all essential. "Failure to prepare is preparing to fail" - Benjamin Franklin. Be proactive and take advantage of the time before the season to get in shape and to help prevent common injuries (I encourage you to talk to Coach Barclay- our athletic trainer he is phenomenal and super helpful). Strength and conditioning are a common part of our coaching style because it is a large part of the game, don't wait for the season to get started. Work on running (short sprints and endurance training), strengthen all of your body muscles, and get touches on the ball at game speed. Remember in order to sustain your energy output and help with recovery load up on the right nutrition while you prepare for the season. If you need any guidance or help feel free to reach out at any time (not sure what email to provide them with).

Attendance expectations:

Varsity soccer is a commitment and we expect attendance at every practice and game. If there is a conflict, it must be communicated well in advance directly to the coaches via email. Unexcused absences will have an affect on playing time at the coaching staff's discretion.

We are excited to advance our program at Convent, let's go Cubs! See you on the pitch!