



Convent & Stuart Hall

Schools of the Sacred Heart San Francisco

Hello, Cubs! Coach Ashley and Coach Sophie here. We are so excited to join you all for the upcoming season. You all have immense potential, and we are looking forward to continuing the skills you've developed throughout last season. Our primary goal this year is to continue to develop our competitive spirit and strengthen our program throughout the course of the season. We appreciate in advance the positive attitude, team-oriented mindset, dedication and discipline that each of you will bring to our team this season.

In order to make the most of our season, we expect you all to come into tryouts with some fitness under your belts. Please focus on nutrition, hydration, sleep, and cardio fitness. Putting in the work now will pay off throughout the season and help prevent injuries. Please feel free to visit Coach Barclay for suggestions as well. He is an excellent resource!

- Here are a few workouts to consider (this is optional and to be used as a guide):
 - Weightlifting with a focus on balance and agility
 - Ladder and cone agility drills
 - Running intervals (1 minute fast, 1 minute slow x 10-20)
 - Running 3-5 miles
 - Running sprints (10-20 reps x 100 meters)
 - Dribbling and juggling practice

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. Please keep in mind that our schedule coincides with some school scheduled breaks. We may have practice and/or games during your winter break in December, January, and February. Missing practice negatively impacts not only the absent player's skill development, but also the team as a whole. If you cannot attend or will be late to a practice, please email the coaches or direct message via email by noon before practice time.

Here are some additional expectations for our soccer program:

1. Come to practice with the correct gear (Cleats, shin guards and matching spirit pack attire) We look like a team, we play like a team!
2. Be on time for practices, pre-game warm up, transportation departures, etc.
3. Bring all team equipment and work together to make sure balls are pumped before practice begins.
4. Come prepared for practice and games with all proper attire and equipment:
 - o Cleats, running shoes, Convent athletic clothes (spirit pack), and shin guards are required for all practices and games.

- Pennies will be handed out at the beginning of the season and must be brought to all practices and games.
 - Both color game jerseys must be brought to every game.
5. Approach the season with a positive and optimistic attitude.
 6. Be able to accept feedback and be willing to learn/try new positions or strategies.
 7. Exemplify and demonstrate good sportsmanship at all times.
 8. Be respectful of your teammates, coaches, officials and opponents.
 9. Have fun and represent Convent & Stuart Hall with pride!

We are excited to advance our program at Convent, let's go Cubs!