



Harrington High School

of Lower Merion School District

May 8, 2024

Dear Team,

This letter is going out to all Harrington students, and their parents, who have expressed an interest in playing in the Harrington's boys' soccer program this coming fall season. Preseason for fall soccer programs in all public high schools in Pennsylvania will start on **Monday, August 12**. Per school district rules, all students who wish to be considered for varsity or junior varsity **MUST** be available to start on that date.

MEDICAL FORM / PARENT PERMISSION FORM

Our state requires each athlete to have a physical exam. This may be done by your family physician. Players may not participate in a fall sport until they have completed this. All players must turn in a PIAA form signed by both a parent and by a physician. This form is available at the athletic office.

School District Rules prohibit any player from participating until ALL paperwork is completed. This form must be signed by your doctor on or after June 1st. Players will not be able to practice until this is completed and the form turned in. Once the paperwork is signed by your physician (it needs several signatures) and by a parent (also needing several signatures). Please mail your signed forms to Athletic Trainer Faith Musinski at Harrington. She must have it before August 14.

OVERVIEW OF TEAM SELECTION

Team selections will be made on Thursday (8/15) for Varsity and JV teams. Coaches will evaluate players based on the following:

- Technical Skills
- Tactical Understanding
- Physical Attributes including speed, endurance, agility and strength
- Game Intelligence
- Attitude and Effort

Coaches will assess each player holistically based on these criteria while considering their potential for growth and contribution to the team dynamics. Additionally, coaches may use scrimmage games, drills, and small-sided games during tryouts to evaluate players' skills and abilities in a game-like setting.

SCHEDULE This is a tentative schedule

Pre-season Week 1 (August 12-16)

Monday, August 12

Morning - Time TBD

On the track, in sneakers, for our first fitness test: **Mile Run**

- Times in which players should be able to accomplish the run:
 - Seniors and returning varsity players < 5:50
 - Freshman < 6:10
 - All others <6:00

Morning - Time TBD

Practice inside the stadium on the turf field

Late Afternoon - TBD Practice on the grass field, next to the stadium

Evening - Time TBD

Mandatory all-sports meeting for all Harrington fall sports participants. A parent/player/coach meeting will occur afterwards.

Tuesday, August 13

9:30 AM - 10:00 AM

On track, in sneakers, for our second fitness test: **Mile Run in Pairs**



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Players grouped in pairs. First player runs one lap. At the end of the lap, he passes the baton off to his partner who runs one lap. Repeats until each player runs 1 mile.

10:00 AM - 12:00 PM Practice inside the stadium on the turf field.
3:30 PM - 5:30 PM Practice on the grass field, next to the stadium

Wednesday, August 14

9:30 AM - 10:00 AM On track, in sneakers, for our second fitness test: ***Mile Run in 3's***
Players grouped in groups of 3. Players 1 and 3 start on one side of the track. Player 2 starts on the opposite side of the track. Each group has a baton. Player 1 sprints half a lap to the other side of the track and hands the baton to player 2. Player 2 sprints half a lap, back to the starting line, and hands the baton off to player 3 who takes the baton and sprints a half lap to player 1. This continues until all players have spring one mile.

10:00 AM - 12:00 PM Practice inside the stadium on the turf field.
3:30 PM - 5:30 PM Practice on the grass field, next to the stadium

Thursday, August 15

9:30 AM - 10:00 AM On track, in sneakers, for our second fitness test: ***Cooper Test***
Each player runs as many laps as possible in 12 minutes. Players need to make a minimum of 7 laps during these 12 minutes.

10:00 AM - 12:00 PM Practice inside the stadium on the turf and grass fields. Team will occur during the session.
3:30 PM - 5:30 PM Practice on the grass field, next to the stadium

Friday, August 16

9:30 AM - 10:00 AM Warmup and stretch for 30 minutes.
10:00 AM - 12:00 PM Practice inside the stadium on the turf field.
3:30 PM - 5:30 PM Practice on the grass field, next to the stadium

Saturday, August 17

10:00 AM Scrimmage against CB South at 10am. Varsity on turf, JV on grass.

Pre-season Week 1 (August 19-24)

The Varsity and the Junior Varsity may train separately. The schedule below is for the Varsity only. The JV coach will have their own schedule for his players.

Monday, August 19

10:00 AM - 12:00 PM Practice inside the stadium on the turf and grass fields.
3:30 PM - 5:30 PM Practice on the grass field, next to the stadium

Tuesday, August 20

10:00 AM - 12:00 PM Practice inside the stadium on the turf and grass fields. Team will occur during the session.
3:30 PM - 5:30 PM Practice on the grass field, next to the stadium

Wednesday, August 21 Scrimmage against Perkiomen Valley 3:30pm. Varsity on turf, JV on a grass field.



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Thursday, August 22

10:00 AM - 12:00 PM Practice inside the stadium on the turf and grass fields. Team will occur during the session.
3:30 PM - 5:30 PM Practice on the grass field, next to the stadium

Friday, August 23

10:00 AM - 12:00 PM Practice inside the stadium on the turf and grass fields. Team will occur during the session.
3:30 PM - 5:30 PM Practice on the grass field, next to the stadium

Saturday, August 24

10:00 AM First regular season game against Upper Merion.

***The schedule for the remainder of the season will be provided during the first week of preseason.

NOTES ON PRE-SEASON

What To Bring:

- white shirt
- dark shirt
- size 5 soccer ball (pumped up and in playing condition with name written on it)
- shin guards (mandatory for all contact activities)
- sneakers (required for all conditioning activities on the track)
- Cleats
- a filled plastic water bottle (water refills will be readily available on the field)

Players Who Need To See The Trainer

The school athletic trainers will be available during pre-season. Players who need to see the trainer during pre-season will need to get to the trainer's room at least 30 minutes before practice.

Preseason Tests

Players are urged to come to pre-season in good physical shape. Working out during the summer months will be very important. Those players not able to meet the demands of the mile run on day 1 will continue doing these tests during the second week of preseason until they get the required time / distance to pass. Veteran players will tell you it is much better to come to camp in shape and pass the tests the first time.

It will be quite obvious to the coaches which players trained in the off-season and which did not. Those players who are not in good enough shape to keep up in pre-season will be at a major disadvantage when it comes time for the coaches to choose a varsity, as well as decide who plays on game day and who does not.

Sincerely,

Jeff Rhodes
Harrington High School
Boys Soccer Coach
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