



SPRING-FORD AREA HS-- GIRLS SOCCER FAQ'S

+ What should I do if I am interested in HS Girls Soccer?

A...

1. Email Coach Kushner jkush@spring-ford.net to be added to Teamsnap and the contact/tryout list.
2. Participate in Voluntary Summer Workouts if available.
3. Ensure your schedule allows you to be at EVERY event for the Fall Season starting Monday Aug 12

+ Do I need a Sports Physical? Where can I find the paperwork?

A...

1. Physical paperwork can be found online at the High School Athletics Website
2. Athletic Registration MUST be completed TWO weeks before preseason begins
3. Doctor's signature must be after June 1st.

+ Are Try-outs Mandatory?

A...

1. YES! Athletes must attend ALL try-outs to be eligible to play on the team.
2. Tryouts are scheduled Monday-Tuesday
3. Team Placement (VAR/JV) are WEDNESDAY-THURSDAY

+ I am going on vacation during tryouts, can I tryout when I return?

A...

1. No. To ensure fairness to all athletes trying out, everyone attempting to make the team must be at all tryouts.

+ Are the Summer Morning workouts/weightlifting Mandatory?

A...

1. Summer workouts are voluntary; but encouraged.





+ How many players make the team? Is there a 9th grade team?

A...

1. Roster size can vary from season to season; a typical roster contains 2GK's and 22 field players per team
2. There is no 9th grade team for Girls Soccer. Player size, strength, speed & ability dictates placement for JV/Varsity. Most often 11th/12th graders are varsity only.

+ What does the season look like? How long does it last?

A...

1. Practices: Monday-Friday usually after school from 3:15-5pm; Occasional Saturday practices/film
2. 2-3 games per week either after school, night games and some Saturday games. Sunday is always a rest day.
3. Playoffs can last through October and into November depending on team success.

+ What can I do before tryouts to prepare for the season?

A...

1. Fitness...part of the tryout process is completing fitness test.
2. Ball skills...part of the tryout process is completing some technical passing, receiving, dribbling & juggling skills
3. PLAY SOCCER...part of the tryout process is based on small-sided and full field game play.

If your questions were not answered in this FAQ, please contact Coach Kushner for further information. jkush@spring-ford.net

