

Dreher Lady Blue Soccer
Interest Letter

To: Dreher High School and Hand Middle School Girls
From: Sydney Vanlandingham, Varsity Head Coach
Eric Vanlandingham, JV Assistant/Varsity Assistant
Thavi Chhoun, JV Head Coach/Varsity Assistant
John Katz, JV Assistant/Varsity Assistant

Subject: 2025 Season Information

Date: December 4, 2024

This memo will provide important information regarding our plan for getting started and what you need to know if you are interested in trying out for Varsity or JV soccer this school year.

Physicals

You cannot participate in any activities until you have completed your physical and uploaded it to Planet High School. There are no exceptions to this requirement, and the forms and instructions are available on the Dreher Athletics Website.

<https://dreherathletics.com/2021/05/14/participation-forms-are-now-online/>

Insurance

Girls selected for the Varsity or JV teams will be required to purchase insurance. Instructions will be provided following finalization of rosters.

Open Season

Participation during the Open Season is voluntary, but it is strongly encouraged.
High School and Middle School Students -

January 7,8,9, 14,15,16,21,22,23,28,29,30 (5:00-6:30PM @ Dreher High School)

Weight Room

Coach Gasvoda will be hosting lifting sessions for girls soccer on the following dates:

December 3,10,17 (4:30-5:30PM)

December 5,12 (5:30-6:30PM)

January 6,13,20,27 (4:30-5:30PM)

It is important to note that ALL paperwork must be completed to participate in weight room sessions.

Tryouts

Varsity and JV tryouts will be held February 3-5th, 2025 from 5:00-6:30 PM at Dreher. Three tryout sessions are planned, but we reserve the right to make final rosters after two sessions. In the event of weather issues or other unforeseen circumstances, we will be prepared to select teams after one evaluation session. High School students will be evaluated during the Varsity tryout session(s), and middle school students will be evaluated during the JV tryout session(s). However, a high student may request to be evaluated during the JV tryout session(s). Following completion of tryouts, selected players will be rostered on the appropriate team, so high school students who complete the Varsity tryout session(s) may be rostered on the JV team. Middle school students are not eligible to play Varsity soccer.

Communication

Following tryouts, Varsity and JV teams will use SportsYou as the exclusive means of communication. Prior to and during tryouts, we will communicate through emails and Instagram: @dreher_ladybluesoccer

For last minute weather issues etc, Instagram will be the fastest way for you to get the information you need.

Season

More information will be provided following selection of teams, but both Varsity and JV will practice from 5:00-6:30 PM during the season. Of course, we will get some earlier practices on the calendar, but the default time will be 5:00 PM. A lot of our middle school players and ninth graders will continue to be involved in Club soccer during the season. As in past years, we will continue to work with players who have Club conflicts and create a schedule that is good for the player and team. Region games this year will be played on Tuesday and Fridays. There are some exceptions in the season with scrimmages, tournaments, and non-region games, but the majority of games will follow the Tuesday/Friday schedule.

Questions

If you have any questions, please reach out to Coach Sydney at lovelacesydney12@gmail.com

Thank you!