



Spring Lake Park Boys Soccer Tryout Information - 2025

Coaching Staff:

Head Coach: Luke Pauly, 518 – 888 – 4619 , LPauly@district16.org

Assistant Head Coach: Megan Hansen, 763 – 273 – 3418 , MeganHansen438@gmail.com

Junior Varsity Coach: Feras Tabakh, 612 – 471 – 5993 , Feras.Tabakh@hotmail.com

Assistant JV Coach: Luis Robles, 651 – 468 – 4779 , LuizRobles8@gmail.com

B Squad Coach: Nour Ali, 763 – 203 – 1461 , NAli@district16.org

C Squad Coach: Zach Wasson, 937 – 286 – 4518 , ZWasso@district16.org

Important Tryout Information:

Registration:

All athletes intending to try out must complete the following **BEFORE** participating in tryouts on August 11th:

1. The online registration through SLP website
 - **Registration opens July 21st**
2. **Payment** option for student athletic fee
 - \$200 Regular Fee
 - Qualifies for Reduce Lunch (\$100)
 - Qualifies for Free Lunch (\$0)
3. Have a current **Sports Physical** on file at the SLP athletic office
4. Each registered player will pay a fee of \$25 for tryout shirts and uniform socks, to be paid at tryout check-in.
 - Tryout/Practice shirts must be worn each day of tryouts and at practices throughout the season.

What to Bring:

Each registered player should bring the following:

- Soccer Cleats
- Shin Guards
- Soccer Ball
- Water
- Running Shoes
- \$25 for the tryout/practice shirts and game socks on Day 1.
 - Both shirts should be worn daily during tryouts.

Time/Location:

Check-in: **Fields 48 & 49 at the National Sports Center** (in front of Centerview Elementary)

Check-in begins at 7:00 AM on Monday, August 11th.

Tryout Week: **Monday, August 11th to Friday, August 15th from 8:00-9:30 AM & 11:00-12:30 PM** on Fields 48/49 @NSC.

Parent Picnic Meeting: Wednesday August 13th from 5:00-7:00 PM at SLP High School Great Hall)

Core Values and Expectations:

- Represent the school and community in the best possible way.
- Academics come first. Players will be held accountable for their performance in the classroom.
- Support each other on and off the field, regardless of team level.
- Strive to improve every day, win or lose.
- The process of preparation is more important than the end result.
- Have fun!

What to Expect from Tryouts/Season:

Tryouts will begin on **Monday, August 11th with sessions from 8:00 AM - 9:30 AM and 11:00 AM - 12:30 PM** each day during the first week. Check-in will start at 7:00 AM on Day 1 at Fields 48 and 49 at the NSC. Players will need to provide a parent phone number, their own cell phone number (if applicable), and both parent and player email addresses. The \$25 fee for tryout shirts (which includes the socks for the game uniform) is required on the first day.

- **Player Registration:** Players must be registered and cleared to participate by the school. Players without school clearance will not be allowed to try out. This can be confirmed on-site during check-in.
- **Assessment:** In addition to evaluating playing ability, players will be tested on skills such as the 40-yard dash, juggling, agility, endurance, strength, and shot speed/accuracy.
- **Team Selection:** The team you play for in the summer will NOT determine which high school team you play on. This is an open tryout where every player will have the same opportunities.
- **Season Duration:** The season will consist of approximately 16 games depending on the team level, with practices held on non-game days.
- **Communication:** The best way to receive updates is by talking to your son. The second-best option is by the Google Calendar and/or following the Spring Lake Park Boys Soccer Facebook page for schedule changes and updates.
- **Transportation:** Players are expected to ride the bus to and from ALL away games.
- **Water & Hydration:** Players must bring water to all practices, as there will be no water available at NSC. Players staying at the NSC between tryout sessions should also bring a lunch. Players will have a 1.5-hour lunch break between sessions.
- **New Soccer Cleats:** It is recommended that players DO NOT buy new shoes right before tryouts, as unbroken-in shoes can lead to blisters.

Regular Season:

- **C Squad & B Squad:** Practices are on Field 29 or 48 at the NSC from 3:30 PM - 5:00 PM.
- **JV & Varsity:** Practices are on either the SLP Stadium or the North Turf Field from 4:00 PM - 5:30 PM.

Note: Exceptions may occur on days when the stadium is unavailable or when schedule changes are needed. Please refer to the dynamic schedule link on the SLP Boys Soccer Website/Google Sheet/NWSC Website for updates.

Preseason Parent Picnic: Information about the Parent/Player preseason picnic will be provided during tryouts.

How to Prepare for Tryouts/Season:

- **Strength & Conditioning Program:** While participation in the strength and conditioning program is not required, it can help players perform their best during the fall season.
- **Cardiovascular Endurance:** Soccer requires stamina for long periods of running. Players should work on their cardiovascular endurance, long and short distance running.
- Practice the **Yo-Yo Intermittent Recovery Test**: This is one of the tests players will complete on the first day of tryouts.
- **Footskills Training:** Practice juggling, dribbling, step-overs, scissors, Cruyff turns, Maradona etc. to improve footskills. Consistent practice of one's footskills will be noticeable.
- **Watch Soccer Games:** Watching high-level soccer games is important. Whether it's professional matches or local games like MN United, exposure to the game can significantly improve a player's understanding and skills.