

Lamoille Boys Soccer 2017

Varsity and JV

Logistics and Tryout Process

Thursday, August 17th is the first day of tryouts. We will meet on the upper fields at 7:00 AM. Please be early.

All prospective candidates should **report to tryouts on Thursday August 17th** (freshman included). Freshman, sophomore, junior and senior players will tryout on Thursday, Friday and Saturday. The coaching staff will make initial decisions on Saturday, August 19th, However, tryouts are a fluid process. What this means is that every player will be spoken to on Monday, August 21th. Players will either be: cut, told that they've made one of the teams and are still trying out, or told that they've made a specific team (ex: you've made JV). The first and last scenarios are easily understood. The second scenario occurs when coaches have evaluated a player and know that the player will be invited to be on one of the teams, but still need more time to make a final placement. For example, coaches may be watching a player more to see if they're ready for varsity, and if they aren't, will invite that player to play JV. With all this said, the majority of each team is formed by the end of Monday's session.

Forms and Fees

Tryouts are mandatory for all candidates. Please take care of physicals and forms before arriving on the first day. There are many of these and players can only participate when ALL forms are on file. It is recommend that you do this before August.

Tryout Schedule

8/17 Thursday:

- 7:00am - 8:30am Fitness Tests and Technical Work
- 2 Mile Run
- Fitness Tests
- Technical Stations
- 5:30pm - 7:00pm: Tactical drills and small sided scrimmaging

8/18 Friday:

- 7:00am – 8:30am Fitness, Technical work and small sided scrimmaging
- 5:30pm- 7:00pm: Full Sided Scrimmaging

8/19 Saturday

- 7:30am to 9:30am Fitness, Full Sided Scrimmage

Scrimmages and other practices are scheduled for the following week. Often, some players continue their tryout into the following week to allow coaches to watch players during scrimmages against other teams.

Preparation

Please reach out to Palmer Hunt (huntsibavt@gmail.com) for additional information regarding summer/pre-season training opportunities. The captains will be in communication with players regularly throughout the summer via email and Facebook (Lamoille Soccer).

Preseason tryouts and practices will be physically demanding. If you cannot train with other Lancer players, it is in your best interest to make a training plan that matches your schedule.

Training Benchmarks

The **two mile** will be run this year. The following benchmark times can be used to gauge your current physical fitness:

- Varsity Player: <14:30 minutes ; 13:00 = good fitness
- JV Player: 15 to 16 minutes

REMEMBER: Fitness tests are only a portion of the overall skill-set coaches are assessing. However, It's important that you arrive at pre-season in the best physical condition possible.

Things to bring:

- Cleats
- Running shoes
- Water/ Low sugar electrolyte drink
- Post training recovery snack(protein,complex carbs)
- Shin guards (**Required**)
- A light shirt (preferably white) and a dark shirt (preferably blue/black)
- **A positive attitude**
- **Sportsmanship**

