



Dear Players,

Thank you for coming this afternoon.

This meeting is designed to give you all of the information you will need to properly prepare for the soccer season next fall at WPHS. In the interest of being “green,” all of the information that we will present today as well as all of the information that you will need about summer workout suggestions, the fall calendar, and any forms you need to submit in order to participate in a fall sport can and should be found on Coach Chase’s website:

<https://www.whiteplainspublicschools.org/Page/18745>

## **REQUIREMENTS**

Any student-athlete participating in girls’ soccer must have turned her paperwork in before attending her first preseason tryout. You will not be allowed to participate without first filing this information. If you cannot participate, coaches will not be able to evaluate you.

## **IMPORTANT PAPERWORK:**

For your student to be cleared to play, you must . . .

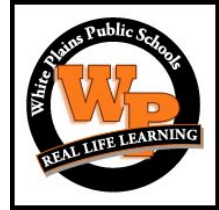
1) Complete FamilyID Form which includes important health information reviewed by the Nurse’s office prior to each season as well as mandatory policies and agreements.

<https://www.familyid.com/organizations/white-plains-city-school-district-athletics>

2) Provide a Current Physical: Either upload current image of physical to the FamilyID sports registration form or bring a copy to the Athletics office. Physicals expire 12 months after the date of health exam. No athlete will be permitted to play or tryout with an expired physical.

3) If you have ANY questions about physicals please contact the HEALTH OFFICE at: (914) 422-2133.

NOTE: You can download all forms online from Ms. Chase’s website



**IMPORTANT DATES:**

**First Winter Practice - Monday, January 27th @ 3:00pm-4pm High School Weight Room**

**WINTER SCHEDULE:**

Every Monday @3-4pm High School Weight Room

Every Wednesday @7-8:15 High School North Gym

**First Spring Practice - Wednesday, April 22nd @ 3:00pm-4:30pm (Field #10)**

**SPRING SCHEDULE:**

Every Monday @3-4pm Weight Room

Every Wednesday@3-4:30 Field #10

**Summer Camp - Monday, August 17th- August 21st @5:30-8pm (Highlands Turf Field)**

**Day 1 of Preseason - Monday, August 24th @ 8am-11am (High School Turf)**

**Try-Out Selection Criteria includes, but is not limited to, the following:**

- Soccer Mastery: technical execution, technical speed, tactical acuity, tactical speed
- Athletic Ability: speed, quickness, agility, explosiveness, strength, stamina, balance
- Positive Attitude: team-first spirit, work ethic, enthusiasm, energy, confidence, commitment level, “coachability”
- Maturity: physical, emotional, and social
- Perceived Potential
- Previous placement within program
- “Chemistry”

**What to Bring to Practices & Tryouts:**

- Soccer shoes (do not use new soccer shoes for tryouts)
- Running shoes (make sure that you have running shoes for every training session)
- Shin guards
- A Full Water Jug

See you all again in a couple of months!!

Sincerely,

Coach Chase, Coach Ali, and Coach Piedra