

# Dana Hills High School

## Boys Soccer 2009/2010

Tryouts for new players, freshmen and anyone not on last years soccer team will be held on September 30, October 1, 2, 5, 7, and 8 from 3:00 to 4:45 PM. (Please note, we will also hold a Saturday tryout on October 3 from 9 – 12.) Meet at the soccer field on Golden Lantern right after school. A first cut will be posted in the locker room on October 3<sup>rd</sup>. The final cut will be announced on November 14<sup>th</sup>.

### **What to wear:**

Soccer shorts, T-shirt, sweat shirt  
Shin guards with socks pulled over the pads  
Soccer cleats or flats and shoes for running the timed two miles  
And bring water and a sweatshirt

**Physicals, Proof of Insurance, a copy of the insurance card and Athletic Code of Conduct must be turned in to the Athletic Office one week before you can try out. Turn your packet into the Athletic Office. Physical packets are available in the Athletic Office.**

If you make the team, your class schedule will be changed and you will be moved into the soccer class after the tryouts. Soccer class is during 5<sup>th</sup> period.

During the tryouts, you will be evaluated on physical, tactical, technical and psychological skills. As an example, these would include physical conditioning, ball control skills, such as dribbling, trapping, juggling, and passing. We will also evaluate how you defend, play as a team, understand the game and interact with each other and the coaches. We will be doing a timed 2-mile run that you have to run less than 15 minutes to make the team. Goalkeepers will have to run it under 16 minutes. You only have to make the timed run once.

Our coaching staff is looking forward to meeting you and it is our goal to make it an enjoyable and learning experience for you to participate in soccer at Dana Hills High School.

Good Luck!

Coach Compean  
Head Coach