



**LHS Girls' Soccer**

**Tryout Schedule**

**2010 Season**

## LHS Girls' Soccer Meeting August 13, 2010

Coach Harmer – Varsity Head Coach

Coach Rollyson – Assistant Varsity Coach

Coach Devincent – Head JV Coach

Coach Roberts and Coach Vondy – Assistant JV Coach

- Bee stings – Epi Pen, inhalers, sun block, restrooms, etc.
- Review Safety – Must wear shin guards (**Must be NHFS approved**). No jewelry
- Stay Hydrated – Drink between 16 to 32 ounces of water per hour
- If you feel dizzy, sick, light headed, dry mouth, notify one of the coaches immediately
- If you see lightning, notify one of the coaches and go to the locker room immediately
- We will be giving you a number when you turn in your paper work. You must wear this number at all times during tryouts
- Keep all your possessions (cell phones, etc.) with you. Do not leave them in the locker room.

Does anyone have any questions?

Note: The runs are optional on the 13<sup>th</sup>. Anyone not doing the runs on the 13<sup>th</sup> will do them on the 14<sup>th</sup>.

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|---------|--|
| 8:00 AM | Seniors and Sophomores on Varsity Last Season <ul style="list-style-type: none"><li>- Be in the stadium bleachers</li><li>- Collect Physicals and Emergency Contact Form</li><li>- 2 mile run</li><li>- 50 yard dash</li></ul> |
| 8:30 AM | Juniors <ul style="list-style-type: none"><li>- Be in the stadium bleachers</li><li>- Collect Physicals and Emergency Contact Form</li><li>- 2 mile run</li><li>- 50 yard dash</li></ul>                                       |
| 9:00 AM | Sophomores <ul style="list-style-type: none"><li>- Be in the stadium bleachers</li><li>- Collect Physicals and Emergency Contact Form</li><li>- 2 mile run</li><li>- 50 yard dash</li></ul>                                    |
| 9:30 AM | Freshman <ul style="list-style-type: none"><li>- Be in the stadium bleachers</li><li>- Collect Physicals and Emergency Contact Form</li><li>- 2 mile run</li><li>- 50 yard dash</li></ul>                                      |

**LHS Girls' Soccer Tryouts**  
**August 14, 2010**

- 8:00 - 8:10 Attendance  
Collect Physicals and Emergency forms & assign numbers for anyone who has not turned in forms
- 8:10 - 8:20 Warm-up jog & Stretch
- 8:20 - 9:00 Shuttle Cones – Coach Harmer & Coach Devincent  
– Seniors & Freshman first  
– Juniors & Sophomores juggling – Coach Roberts, Coach Rollyson & Coach Vondy  
– Juniors & Sophomores second  
– Seniors & Freshman juggling – Coach Roberts, Coach Rollyson & Coach Vondy
- 9:00 - 11:00 Skills Test  
- Line up on side line by grade  
- Count off by 4s  
- 1s to Cone Dribble with Coach Roberts  
- 2s to Dribble Run with Coach Devincent  
- 3s to Crossing with Coach Rollyson  
- 4s to 2 mile run and 50 yard dash with Coach Harmer & Coach Vondy
- Skills Tests Rotation  
⇒ Cone Dribble (Coach Roberts) to Dribble Run (Coach Devincent)  
⇒ Dribble Run (Coach Devincent) to Crossing (Coach Rollyson)  
⇒ Crossing (Coach Rollyson) to 2 Mile Run and 50 yard dash (Coach Harmer & Coach Vondy)  
⇒ 2 Mile Run (Coach Harmer & Coach Vondy) to Cone Dribble (Coach Roberts)
- 1:00 - 3:00 Seniors, Juniors and Sophomores on Varsity last year  
⇒ 1 V 1 Tournament  
⇒ 3 V 3 games
- 3:00 - 5:00 Sophomores and Freshman  
⇒ 1 V 1 Tournament  
⇒ 3 V 3 games
- 5:00 – 6:00 Coaches' meeting

**LHS Girls' Soccer Tryouts**  
**August 16, 2010**

- 8:00 - 8:10 Attendance  
Collect Physicals and Emergency forms & assign numbers for anyone who has not turned in forms
- 8:10 - 8:20 Warm-up jog & Stretch
- 8:20 - 9:00 Shuttle Cones – Coach Harmer & Coach Devincent  
– Seniors & Freshman first  
– Juniors & Sophomores juggling – Coach Roberts, Coach Rollyson & Coach Vondy  
– Juniors & Sophomores second  
– Seniors & Freshman juggling – Coach Roberts, Coach Rollyson & Coach Vondy
- 9:00 - 11:00 Skills Test  
- Line up on side line by grade  
- Count off by 4s  
- 1s to Cone Dribble with Coach Roberts  
- 2s to Dribble Run with Coach Devincent  
- 3s to Crossing with Coach Rollyson  
- 4s to 50 yard dash with Coach Harmer & Coach Vondy
- Skills Tests Rotation  
⇒ Cone Dribble (Coach Roberts) to Dribble Run (Coach Devincent)  
⇒ Dribble Run (Coach Devincent) to Crossing (Coach Rollyson)  
⇒ Crossing (Coach Rollyson) to 50 yard dash (Coach Harmer & Coach Vondy)  
⇒ 50 yard dash (Coach Harmer & Coach Vondy) to Cone Dribble (Coach Roberts)
- 1:00 - 3:00 Seniors, Juniors and Sophomores on Varsity last year  
⇒ 4 V 4 games  
⇒ 7 V 7 games  
⇒ Shooting on keepers
- 3:00 - 5:00 Sophomores and Freshman  
⇒ 4 V 4 games  
⇒ 7 V 7 games  
⇒ Shooting on keepers
- 5:00 – 6:00 Coaches' meeting

**LHS Girls' Soccer Tryouts**  
**August 17, 2010**

- 8:00 AM Seniors and Sophomores on Varsity Last Season 2 mile run on track
- 8:30 AM Juniors – 2 mile run on track
- 9:00 AM Sophomores – 2 mile run on track
- 9:30 AM Freshman – 2 mile run on track
- 10:00 – 11:00 Keeper tests
- 1:00 - 3:00 Seniors, Juniors and Sophomores on Varsity last year  
⇒ 11 V 11 games  
⇒ Shooting on keepers  
⇒ First Cuts
- 3:00 - 5:00 Sophomores and Freshman  
⇒ 11 V 11 games  
⇒ Shooting on keepers  
⇒ First Cuts
- 5:00 – 6:00 Coaches' meeting

**LHS Girls' Soccer Tryouts**  
**August 18, 2010**

**Seniors, Juniors and Sophomores on Varsity last year**

8:00 - 8:10      Attendance  
8:10 - 8:20      Warm-up jog & Stretch  
8:20 - 9:00      1 V 1 Tournament  
9:00 - 10:00     3 V 3 games

**Sophomores and Freshman**

9:30 - 9:40      Attendance  
9:40 - 9:50      Warm-up jog & Stretch  
9:50 - 11:00     1 V 1 Tournament  
11:00 - 12:00    3 V 3 games

**Afternoon Schedule**

1:00 - 3:00      Seniors, Juniors and Sophomores on Varsity last year  
                      ⇒ 5 V 5 games  
                      ⇒ 7 V 7 games  
                      ⇒ Final Cuts

3:00 - 5:00      Sophomores and Freshman  
                      ⇒ 5 V 5 games  
                      ⇒ 7 V 7 games  
                      ⇒ Final Cuts

5:00 - 6:00      Coaches' meeting