

## August 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>23 TRYOUTS</b>	<b>24 TRYOUTS</b>	<b>25 TRYOUTS</b>
				meet on the track at 1:30pm for today only: timed mile SIGN IN 1:30-2:00	field by horse barn:park in lot at stadium, walk up hill	field by horse barn:park in lot at stadium, walk up hill
				bring running shoes, cleats and plenty of water!	Session 1 8-10:30	Session 1 8-10:30
					break-bring a healthy light meal	break-bring a healthy light meal
				2-5:45	Session 2 11:15-1:30	Session 2 11:15-1:30
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>Sept. 1</b>
OFF	3-5:30	Scrimmage Away @ Pentucket	3-5:30	3-5:30	9-11:30	9-12 Varsity Mandatory
	Cuts announced at end of practice	4pm				
		<b>Varsity and JV</b>			Teams Finalized	JV optional

### Important Notes:

- ALL PLAYERS BRING UPDATED PHYSICALS IF THEY ARE NOT ON FILE ON 1st DAY
- INCOMING FRESHMAN BRING PAPER COPY 1st DAY NO EXCEPTIONS
- On the first day we will begin with a timed 1 mile run on the track. Players must be able to complete in under 9 minutes. Players MUST HAVE running shoes for this portion of tryouts. Cleats will be fine for the rest of the practice.
- All players should plan to attend all practices. Attendance will be taken
- Check the girls soccer page frequently to be updated on any changes to the schedule
- Bring water and light snacks for the break during double sessions
- ALWAYS bring your shinguards!!!

**YOU CANNOT PLAY IF YOUR PHYSICAL IS MORE THAN 13 MONTHS OLD AT ANY POINT DURING THE SEASON.**