

2019 Hempfield Junior High Girls Soccer



Who: Any girl entering 7th or 8th grade interested in trying out for the Hempfield Jr. High Girls Soccer team.

When: August 19-23 Time: 3:30-5:30

Where: Fields along Kauffman Road (across street from Baseball field)

Physicals are required to participate in all athletic try-outs. Players & parents must complete the official PIAA physical evaluation form **before** the exam can be completed. Additional forms are available in each school office and can be downloaded. **No one can try out until paperwork has been handed into the Athletic Trainer via the high school office.**

Physicals will be **June 4** - Franklin Gym side nurses office and cost \$20.

ALL physical exam information can be found here: <http://www.hempfieldsd.org/Page/366>

Try-out evaluations will be an extremely comprehensive process, where players will need to perform at their very best. It is mandatory that all candidates attend each session to give themselves a reasonable opportunity to compete for a spot on one of the teams.

Players should expect to be evaluated in the technical & tactical aspects of soccer, as well as speed & cardiovascular fitness. The ability to make good decisions with, and without the ball, work with others, and be attentive to instructions are all critical elements. Skill evaluation, small-sided games and full-field games will also be a part of the evaluation process. Working on juggling skills, shooting against a kickback or on goal, and doing some running each week of the summer (to build up distance and speed) will be a help to players in the tryout process. Playing small-sided games is also highly encouraged.

Water will be provided; however, players may bring their own water bottle if it is labeled with their name.

Contact Info...

Mike Pollis (Junior High Head Coach)

Mike_Pollis@Hempfieldsd.org

Lee Hawley (Assistant Junior High Coach)

Lee_Hawley@Hempfieldsd.org

We look forward to seeing you August 19th!
Coach Mike Pollis and Coach Lee Hawley