**Tryouts:** February 27th – March 1st

Each day will incorporate running, passing, dribbling, shooting, and a scrimmage.

We will start PROMPTLY at 3:30pm and end around 5:30/5:45pm. Those trying out for goalie may stay even later.

**Equipment:**

There will be random equipment checks throughout the season. If any person is missing any of the items listed below, there will be consequences for the entire team.

1. Cleats
2. Flats (running/training shoes)
3. Shin guards
4. Socks
5. Shorts
6. Pants
7. T-shirt (with sleeves)
8. Jacket/sweatshirt/long-sleeve
9. Bag
10. Water
11. Ball – Optional but encouraged

**Practice schedule:**

Practice begins PROMPTLY at the specified time. This means that the team is warmed up, proper gear is on, and we are ready to begin. There will be a consequence for every single minute the coaches have to wait for players. If it is a single player consistently not ready, that player will be considered tardy to practice.

Monday – Thursday: 3:30pm – 5:30pm

Friday: 1:00pm – 3:00pm (if there is a Saturday game, practice will be held from 3:00pm to 5:00pm)

Saturday: We will have occasional Saturday practices. Times will vary.

There will be practices over Spring Break. Plan ahead. Not showing up to these practices unexcused counts toward your total of unexcused absences on the season. If you are excused, it still may affect your status on the team in regards to playing time.

**Absences/Tardies:**

If you are going to be gone for a practice, coaches must be informed at LEAST 24 hours in advance. Anything after that will be considered unexcused. Coaches also have the right to determine whether or not an excuse is valid. Just because you let us know, does not mean it is excused (ex: shopping with mom doesn’t count).

After three (3) unexcused absences from practice, you will be removed from the team.

After eight (8) tardies, you will be removed from the team.

Attendance will be taken daily.

**\*There will be a Parent Meeting on 02/16/17 at 6:00pm in the Media Center. Please encourage your guardians to come.**

\*\*Everything on this document is subject to change throughout the season at coaches’ discretion.