TO ALL SOCCER CANDIDATES

All players should commit to the following:

1. Arriving to pre-season in shape
2. Having a willingness to work hard
3. Having a willingness to place the team ahead of themselves

Summer Soccer Options:

Twighlight League: We hope that all players in the area will participate on our Twilight League Team. (Games run from 6-8 p.m. on Monday and Wednesdays starting on June 29th.

Camps: Several local camps provide great training options. In short, the more you play the better you will get.

User's Fee:

The current user's fee for the fall is $200.00 Checks should be made out to CCRSD.

Physicals:

No Physical=No Practice No Exceptions, No Excuses GET IT DONE!

Conditioning Requirements:

Candidates for the varsity soccer team will participate in several fitness tests to assist the coaching staff in evaluating the conditioning and commitment of players. Varsity players are expected to pass each of the following tests. Players unable to pass individual tests will continue to work during the season until they are able to pass. **If you care about making the team you need to care about training for your teammates!**

1) Beep Test – Level 12
2) Cooper's Test (7 5/8 Laps in 12 minutes)
3) 50 push-ups in 60 seconds
4) Juggle for 35 seconds

Anyone who passes each of the conditioning tests will automatically make the first cut.

Make certain you bring BOTH cleats and running shoes to all practices

Ray Pavlik – Head Coach Brian Miller- Assistant Coach