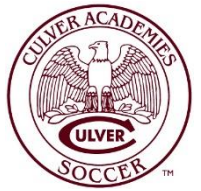


Culver Girls Academy Soccer

SUMMER 2016



1. Summer Workouts (in your e-mail)

- Do what you can: 15, 30, and 60-minute/day options

2. Open Field Pickup Games

- Tuesday and Thursday evenings from 7:00-8:30 PM at Culver Community High School (on the field north of the high school)
- Held June 9, 14, 16, 21, 23, 27, 30 and July 12, 14, 19, 21

3. Indiana Wesleyan University Friendlies

- July 23rd all day – play two games
- Let me know if you'd like to play!

4. Preseason on campus

- We are allowed to invite players back on campus starting on August 10th
- Players would stay in Woodcraft and have soccer training twice a day
 - Also sessions with visiting author Whitey Kapsalis, Polarities and Goals with Dr. Yeager, challenge course with Mrs. Bowman
- More information to come!

5. Tryouts

- Will begin on August 18th – the first day the entire program can practice
 - Selection for Varsity and JV teams
 - Players will participate in several scored drills and games
- On the first day of full-team tryouts on August 18th, we will run a fitness test
 - The fitness test will consist of three parts
 - Run 100 yards in 18 seconds
 - Turn around and run back to the starting line in 30 seconds
 - 30 second rest
 - Completion of the three parts represents one circuit
 - Expected fitness levels for Varsity soccer:
 - 10 circuits - eligible to start on the Varsity team
 - 9 circuits - eligible to be a 1st half substitute on the Varsity team
 - 8 circuits - eligible to be a 2nd half substitute on the Varsity team
 - 7 circuits – below Varsity fitness standards, eligible to play on JV
 - No team decisions will be made solely because of the fitness test - it is an evaluative tool along with everything else we do in tryouts
 - Varsity players who don't meet the fitness standard will need to re-test and pass before playing

6. Other Notes

- You must have your physical form and all other necessary paperwork turned in to participate in Open Fields, the IWU friendlies, or preseason
- Shin guards are required at all Open Fields, IWU friendlies, and all preseason trainings
- All equipment purchases will occur through an online team store
 - I will be sending the link to **your parents**
 - Required items: ¼ zip warmup top, long warmup pants, maroon and gray warmup shirts
 - If you purchased the required items already, you **don't** have to buy them again!