

# HILLGROVE HIGH SCHOOL GIRLS SOCCER



**State Playoffs:** 2009, 2011-2020\*

**State Sweet Sixteen:** 2012, 2014, 2017

**State Elite 8:** 2011, 2013, 2016, 2018, 2019

Dear Interested Soccer Player,

**Before you can do anything, a physical must be submitted ONLINE through ParentVUE & checked off by Ms. Morrow in the Athletic Directors office. (She can be found in the AD's office right off the cafeteria)— call Ms. Morrow at (678)331-3961 ext. 084 for help!**

Tryouts for the girls soccer team will officially begin on **Monday, January 11<sup>th</sup>**, but all players interested in trying out should attend pre-season conditioning. All players who do not make the Varsity squad will be evaluated for JV.

Beginning **Monday, November 30<sup>th</sup>**, voluntary conditioning will be held three days a week (Mondays, Tuesdays, and Thursdays) at 3:45pm-4:30pm on the turf (stadium).

**The 2021 season outcome will be a direct result of the team's commitment...**

- Practices are every day after school (Monday through Friday) from 4-5:30pm
- There are usually 2 games a week once the season starts
- The **Girls Soccer Team will not be playing in games over Winter Break (2/15-2/19)** (none over Spring Break). **There will be training Monday through Wednesday (2/15-2/17) of that week.** If you are unable to attend (only due to illness or out of town) please let me know as soon as possible.

We look forward to seeing you during conditioning.

See you soon,

Tyler Buttram

## **HILLGROVE HIGH SCHOOL GIRLS SOCCER** ***TRY-OUTS Statement of Purpose***

The job of the Hillgrove High School Soccer coaching staff is to identify the most talented athletes and organize them into a team where the players can be developed and display their individual abilities while achieving high levels of team success. When identifying players during our selection process, we focus on players who have or can become the following:

1. Players with superior technical ability
2. Players who are quick thinking and decisive
3. Players who have talent for learning and are coachable
4. Players who have a strong knowledge of the game (how to defend...)
5. Players with a personality that fits within the team or game
6. Players who are dedicated and enthusiastic about the program
7. Players who make correct decisions with and without pressure
8. Players psychological understanding of the game (when to be aggressive, etc.)
9. Players that meet the Physical Conditioning Criteria set by the coaching staff.
10. Players who exhibit good sportsmanship and teamwork.

**A decision on which individuals will comprise the 2020 Hillgrove High School Girls Varsity Soccer Team will be made on Thursday, January 16th, 2020. JV Team Selections will be completed by Thursday, January 16, 2020.**

Once teams are selected, the distribution of uniforms and collection of fees will occur. All fees will be collected at the kick-off dinner. **This year's dues are \$400 for JV and \$500 for Varsity (paying online adds approx. \$10).** If there are any problems with this fee, please contact the coaching staff.

**FROM THIS DAY ON, ABOVE ALL ELSE, YOU MUST BE LOYAL AND DEDICATE  
YOURSELF TO  
YOUR TEAMMATES, HHS SOCCER, AND YOUR COACHES.**

*Some people stay motivated for two or three weeks...  
Some people stay motivated for two or three months...*

***But Champions...***

*Stay motivated for as long as it takes!!!*

- **Warm-up and Stretch** – before any exercise, you need to jog at least ¼ of a mile and stretch well. Stretch both upper and lower body. (after exercise stretch again)
- **Running Program** – this program should be done on your own. It is a 4 day/week program. Choose one exercise to do each day. (you should do all four each week)
  1. Fartlek training – Run for a total of 21 minutes. During this running session you should really push yourself for an interval, then rest for an interval, then push, then rest, etc. The time you really work should be a sprint, preferably up hill. By the time you finish you should have really worked hard for approximately 14 minutes.
  2. Distance running – Run a straight, 24 minute, timed run. You should strive to complete 2 1/2 – 3 miles in this time.
  3. Interval training – Using the soccer field as your rectangle...sprint the length of the field (should complete in 16 – 21 seconds), turn the corner and jog the width (25-30 seconds), turn the corner again and sprint the length (16 – 21 seconds), turn the corner and jog the width (25-30 seconds). Complete this cycle 10 times.
  4. Sprint repetitions – Your work to rest ratio should be 1:2 (if you run 12 sec. rest 24 sec.)

**Important Dates:**

**HILLGROVE HIGH SCHOOL  
GIRLS SOCCER PRE-SEASON & TRYOUT SCHEDULE**

<b>Date</b>	<b>Time(s)</b>	<b>Activity</b>	<b>Location</b>
**Nov. 30 - Dec.17 (Mon, Tue, Thurs)	3:45-4:30	Conditioning	Stadium Turf/Track
**Jan. 4-7 (Mon, Tue, Thurs)	3:45-5:00	Conditioning	Stadium Turf
**Jan. 11-14	4:00-5:30	Varsity Girls Tryouts	Stadium Turf/Grass Field
Jan. 11-14	4:00-5:30	JV Girls Tryouts	Stadium Turf/Grass Field
TBA	6:30	Kick Off Dinner	Cafeteria

\*\* All players trying out for Varsity soccer expected to participate.