



Freshman Head Coach – Chris Marsh

Freshman candidates:

I hope you are all enjoying your summer break. I also hope you are staying in shape because soccer season is fast approaching, and tryouts will be here before we know it.

Tryouts for the Freshman team will begin on the morning of August, 22nd, and run from 8:00am-10:00 am at the Blue Creek fields.

Before reporting for try-outs, it is imperative that you turn in your...

- 1) **Re-Check Parent Permission Cards** and
- 2) **Physical Forms** to the *School Nurse (Health office)* between ...
July 115th and August 1st, 2010

***** BE PREPARED! You will NOT be able to participate in try-outs if you are not cleared by the Health Office.*****

To prepare yourselves, make sure you are working to strengthen your endurance, footwork, dribbling, juggling, and kicking strength and accuracy as tryout elements will include: distance runs, sprints, push-ups and sit-ups, distance kicks, and speed dribbles (specific tryout criterion are listed below). Please be sure to bring **water**, **cleats**, **shin guards**, and **running shoes** to all sessions.

As many of you may not know me, I am a graduate of SUNY Cortland with a degree in physical education. I teach physical education at Forts Ferry Elementary. This will be my fifth year as Shaker's Freshman Boys' Soccer coach and it has been a very rewarding experience thus far.

I have high expectations for our team this year and I hope we can build on to the foundation the players laid through out the previous four seasons. I have heard only great things about last years Modified players and the incoming Freshman players, and I cannot wait to get the season underway.

To conclude; being a student/athlete is a privilege. I will expect you to be a strong representative of Shaker athletics in the classroom, on the field, as well as in the community. Finally, as you commit yourself to the Shaker soccer program, you must also make sure you stay committed to your studies.

I am looking forward to seeing you all on the 22nd! Come ready to work as a team, and come ready to work hard.

Best of luck,

Chris Marsh

Team Selection/Tryout Elements

Distance Run:

-30min continuous run

Speed Dribble:

-60 yards through cones for time (hitting a cone is a 1-second penalty)

Push-Ups and Sit-Ups:

-50 consecutive sit-ups (No Breaks!)

-25 consecutive push-ups

Distance Kick:

-kick in the air for distance (both feet)

Sprints:

-10 consecutive full-field sprints within 20 seconds (30 second interval)