



SHAKER HIGH SCHOOL GIRLS MODIFIED SOCCER 2011

Head Coach: Haley Muir

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I am very excited about our upcoming season and am so glad to be coaching again this year. I know that we have a very strong group of girls who will make Shaker proud and continue our success as a competitive and sportsmanlike team. This year I have created a website with useful resources for your summer training and the upcoming season. I will continue to use the website for updates during the summer as well as for try-outs and into the season. The address is <http://girlsmodifiedsoccer.pbworks.com>. Please visit this site!

We begin our tryouts Thursday, September 1, 2011 from 9:30-11:30 am on the field behind Shaker Junior High School. These practice times will continue for the first 2 days of try-outs and subsequent times will be announced once try-outs have started. All girls hoping to make the team must come to try-outs *in shape*. This means that you should be able to run for 3 miles continuously and be able to engage in 2 hours of vigorous play by the first day of try-outs. Start training today! You will need to work hard all summer in order to be competitive for fall try-outs. Long runs combined with speed work will prepare you well for try-outs and for playing the fall season. A good way to do both is with interval runs consisting of alternated sprinting and jogging. Sprinting the long sides of the soccer field and jogging the end lines for about 5 laps is a good way to start. You will need to build up from there as you continue training. Ball skills and knowledge of the game will also be very important, so keep practicing! You should be working on juggling, speed dribbling, shooting *PROPERLY* on goal, giving and receiving long balls and overall good ball control.

There are also many opportunities for you to attend camps in the area this summer, including the Shaker Women's Team Camp, held at Afrim's Sports, Latham Dome, August 8th – August 12th from 9:00 am to 12:00 pm. For more information or to sign up, call Afrim's at (518)-438-3131.

There is a very large number of girls interested in trying out this year and try-outs will be very competitive. In order to make the team you will need to demonstrate physical fitness, technical soccer skill, knowledge of the game, good sportsmanship, a positive attitude, good communication skills and willingness to be a team player. Our cohesiveness as a team will be vital to our success this season. Do not expect to make the team if I do not see you putting your team before yourself! Soccer is a TEAM sport!!

Please remember to bring plenty of water, cleats (that are broken in), shin guards, running sneakers, a soccer ball and rain gear. WE WILL PRACTICE RAIN OR SHINE. You will not be allowed to practice without proper shin guards. Goalies should bring their equipment including a mouth guard, which will be required for play in the goal.

Before you can participate in tryouts, it is your responsibility to verify that Mrs. Caputo (the school nurse) has received your Re-Check card and proof that you have had a recent physical exam. The paperwork is due to her by August 1st. **GIRLS WHO ARE NOT CLEARED BY THE NURSE PRIOR TO SEPTEMBER 1ST WILL NOT BE ALLOWED TO PARTICIPATE IN THE FIRST DAY OF TRY-OUTS!!** Please *call to make sure you are cleared* (785-1341)!!!! I cannot allow anyone not cleared on my list to participate in the first day of try-outs.

When you check in with me on the first day I will be asking for a working email address and phone number for your parent/guardian, so please come prepared or ask your parent to stay until they have given me that information.

I am really looking forward to the start of the season! I hope you all have a great summer and work hard!

Sincerely,
Coach Muir

