



2011 Girls Junior Varsity Soccer



Head Coach- Angela Shortle

Dear Junior Varsity Soccer candidates,

It's time to start preparing for our upcoming fall 2011 soccer season! The 2011 season will be filled with much competition and it is expected that you come in to our preseason workouts both physically and mentally prepared. As a first year junior varsity coach and the varsity assistant coach for the past three seasons, I'm very excited to have the opportunity to work with a talented coaching staff and dedicated players.

We will begin tryouts on Monday, August 22nd. We will be running double sessions the first two weeks. From Monday, August 22nd until Friday, August 26th, we'll hold a morning session from 6:30-8:00 am and an afternoon session from 5:30-7:00 pm. On Saturday, August 27th, practice will be held from 9:00-11:00 am. Please come prepared with running shoes, a pumped up soccer ball, soccer cleats, proper shin guards, socks, and plenty of water. The morning session will consist of general conditioning and track workouts as well as technical ball work. Our afternoon sessions will focus on the tactical part of the game. This will include small group drills, individual activities, small sided games, etc.

Starting today, you should begin a fitness regime that includes being able to run a continuous three miles. You should have the capacity to do this as well as two hours of vigorous soccer. Start working on juggling, speed dribbling (under control), and overall touches on the ball.

Make sure that you turn in physical forms and parent permission paper work on time or you will not be eligible for the first day of tryouts. These can be turned in to the high school nurse *no earlier than July 15th*.

I look forward to an exciting year for our girls' soccer program! If you have any questions, please feel free to contact me.

Sincerely,
Angela Shortle

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