

Lakeside
BOYS SOCCER TRYOUTS 2012
Jan. 23 – Feb. 1
Henderson Park's Livsey Fields
4:15 – 5:45

THE GOAL of soccer tryouts is to give every eligible player the opportunity to demonstrate the skills necessary to contribute to Lakeside's Boys' soccer program

SELECTIONS for the boys' soccer teams, Junior varsity and Varsity will be based on a consensus of the coaches of the boys' teams. Some players may have input on the roster decisions as well. As part of their choices, the coaches will consider the following:

ELIGIBILITY

- Must meet all academic requirements
- Must meet all paperwork requirements (incl. physicals and insurance)

PRE-SEASON PARTICIPATION

- Previous participation in the LHS soccer program
- Pre-season training

PHYSICAL FITNESS

- Individual strength, speed and endurance tests
(long runs, sit-ups, push-ups, shuttle runs, obstacle course etc.)

SOCCER SKILLS

- Individual skills (dribbling, passing, trapping etc.)
- Position skills (offense and defense, 1 v. 1)
- Team skills (2 v. 3, 4 v. 6 etc)

ATTITUDE and CONTRIBUTION TO THE PROGRAM

- "Coachability"
- Booster Club
- Winners

Final team rosters will be announced on Thursday morning, February 3
(there will be a preliminary roster cut after Friday, Jan. 27)

Team Meetings will be held on Thursday, Feb. 3 (Varsity room 1213, JV room tba)

(All individuals are entitled to speak with coaches regarding roster choices, the selection process or any other issues relevant to the team and its members

**Coach Barbe and Coach Smith will meet with players on Monday, Feb. 6
From 7:30 – 8:00am or 3:30 – 4:00pm)**

TRYOUT SCHEDULE will include the following:

The tryout schedule is subject to change as necessary

Monday, 1/23	FITNESS	3 mile run, push-ups, crunches, planks
Tuesday, 1/24	FITNESS	1 mile, shuttle run, 800, 400, 100, race
Wednesday, 1/25	INDIV. SKILLS	quickness, dribbling, trapping, volley, etc
Thursday, 1/26	POSITIONS	passing, shooting, defense, offense
Friday, 1/27	TEAM SKILLS	small field competition (4 v. 4)

FIRST CUT An initial cut will be made after completion of Friday's workout.

A roster will be posted at Lakeside and Henderson MS on Monday morning by 9am
(2D week rosters will be posted at the Main Office of both LHS and HMS).

Only players listed on this preliminary roster need to report for the 2d week of tryouts

Monday, 1/30	PRACTICE SKILLS	Defense
Tuesday, 1/31	PRACTICE SKILLS	Transition / midfield
Wednesday, 2/1	PRACTICE SKILLS	Offense
Thursday, 2/2	<u>FINAL ROSTERS POSTED</u> (by 8am at LHS and HMS) TEAM MEETINGS ROOM 1213 at 3:45	
Friday, 2/3	TBA	
Monday, 2/6	Individual Player Conferences 7:30–8am, 3:30-4pm rm 1213	

**Any questions or problems should be directed to Coach Barbe via e-mail
richard_e_barbe@fc.dekalb.k12.ga.us**

***NO MAKE-UPS will be offered, except for athletes participating in other school sports
or by special arrangements with the coaching staff***