

HILLGROVE HIGH SCHOOL BOYS SOCCER



State Playoffs: 2007, 2008, 2009, 2010, 2011, 2014, 2016-2021*
State Elite 8: 2013, 2018, 2019 **Final 4:** 2009

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 in the band hallway)— call Ms. Morrow at (678)331-3961 ext. 084 for help!

Tryouts for the **Varsity** soccer team will officially begin on **Tuesday, January 4th**, but all players interested in trying out for varsity will need to attend a pre-season fitness test on **Friday January 3rd, 2022**. For a copy of the fitness test see attached sheets. **Junior Varsity** tryouts will begin **Thursday, January 6th**. All players who do not make the Varsity squad will be evaluated for JV.

Beginning **Monday, November 29th**, voluntary speed and agility workouts will be held two days a week on Monday and Wednesday afternoons at 3:45pm-4:30pm on the turf (stadium).

The 2022 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 **Varsity Boys Soccer Team will be having a practice on 4/8 and playing a game over Spring Break** (4/9) (none over Winter Break). **ALL players are expected to be at all training sessions and games over break, so plan accordingly**

We look forward to seeing you during conditioning.

See you soon,

Heath Merrill

Important Dates:

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

Date	Time(s)	Activity	Location
Nov. 29-Dec. (Mon, Wed)	3:45-4:30	Speed & Agility	Stadium Turf
**Jan. 3, 2022	4:00-6:00	Varsity Boys Fitness Test	Stadium Track
**Jan. 4-5, 2022	4:00-6:00	Varsity Boys Tryouts	Stadium Turf
Jan. 6-7, 2022	4:00-6:00	JV Boys Tryouts	Stadium Turf
Jan 9, 2022	6:00 arrival 6:30 kickoff	Varsity Crimson & Black Scrimmage	Stadium Turf
Jan. 12, 2022 (tentative)	6:30	Kick Off Dinner (dues paid, uniforms distributed etc.)	Cafeteria

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

HILLGROVE HIGH SCHOOL BOYS 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. When identifying players during our selection process, we focus on players who have or can become the following:

1. Players with superior technical speed (foot skills)
2. Players who are quick thinking and decisive
3. Players who have talent for learning and a good predisposition toward coaching
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 (reaction)
8. Players psychological dimension = aggressiveness
9. Players that meet the Physical Conditioning Criteria set by the coaching staff.

A decision on which individuals will comprise the 2022 Hillgrove High School Boys Varsity Soccer Team will be made on Wednesday, January 5th, 2022. JV Team Selections will be completed on Friday, January 7, 2022.

Once teams are selected, the distribution of uniforms and collection of fees will occur. All fees will be collected at the kick-off dinner. **Dues are \$400 for JV and \$500 for Varsity (paying online adds approx. \$10). HOWEVER, the dues amount can change based on the new Hillgrove Soccer Boards assessments of revenues and expenditures for the upcoming year.** If there are any problems with this fee, please contact the coaching staff.

**FROM THIS DAY ON, ABOVE ALL ELSE, YOU MUST BE LOYAL 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, 21-minute, timed run. You should strive to complete 3 – 3 ¼ miles in this time.
 3. **Interval training** – Using the soccer field as your rectangle...sprint the length of the field (should complete in 12 – 15 seconds), turn the corner and jog the width (25 seconds), turn the corner again and sprint the length (12 – 15 seconds), turn the corner and jog the width (25 seconds). Complete this cycle 10 times.
 4. **Sprint repetitions** – You work to rest ratio should be 1:2 (if you run 12 sec. rest 24 sec.)

Distance	100 yds.	80 yds.	60 yds.	40 yds.	20 yds.
Reps	2	4	6	8	10
Time	15 sec.	10 sec.	8 sec.	6 sec.	4 sec.

- **Fitness Test – (Field Players)**

RUN	MAXIMUM TIME	REST TIME
½ mile	2:45	3:00
6-18-60yd Shuttle	:32	2:00
¼ mile	1:15	2:00
6-18-60yd Shuttle	:32	2:00
6-18-60yd Shuttle	:32	2:00
¼ mile	1:30	2:00
6-18-60yd Shuttle	:32	3:00
½ mile	3:00	10:00
1 mile	7:00	-- --

- **Fitness Test -- (Goalkeepers)**

RUN	MAXIMUM TIME	REST TIME
½ mile	2:45	3:00
6-18-60yd Shuttle	:32	2:00
Pressure Training	1:15	2:00
6-18-60yd Shuttle	:32	2:00
6-18-60yd Shuttle	:32	2:00
Pressure Training	1:15	2:00
6-18-60yd Shuttle	:32	2:00
½ mile	3:00	10:00
1 mile	7:00	-- --