



# HAWKS

## HILLGROVE HS

SOCER, IT'S DIFFERENT HERE.

**State Playoffs:** 2007-2011, 2014, 2016-2025

**Final 4:** 2009, 2022 **Elite 8:** 2013, 2018, 2019

**Region Champs:** 2018, 2019, 2020, 2023, 2024

Dear Interested Soccer Player,

**BEFORE YOU CAN DO ANYTHING:**

- A physical must be submitted ONLINE through ParentVUE. **The required physical form & all directions are found under the Athletic Registration tab in the ParentVUE portal.**
- **Submitting the physical does NOT mean you can participate.** Ms. Garrido, the athletic clerk, must approve your physical and academic eligibility in order for you to participate. As stated in the portal, make sure you submit & upload the Cardiac Arrest & Concussion forms.
- **NEED HELP?** Ms. can be found in the AD's office in the band hallway. Call **Ms. Garrido at (678)331-3961 ext. 084** for help or email her at [melissa.garrido@cobbk12.org](mailto:melissa.garrido@cobbk12.org).

Tryouts for the **Varsity** soccer team will officially begin on **Monday, January 19<sup>th</sup>. However**, all players interested in trying out for varsity should attend the pre-season fitness test on **Friday, January 16<sup>th</sup>, 2026**. **Junior Varsity** tryouts will begin **Wednesday, January 22<sup>nd</sup>**. All players who do not make the Varsity squad will be evaluated for JV.

Beginning **Monday, December 1<sup>st</sup>**, speed & agility sessions will be held on the turf after school from 3:45-4:45 p.m on Mondays and Wednesdays.

**The 2026 season outcome will directly result from the team's commitment...**

- Practices are every day after school (Monday-Friday) from 4:00-5:30 pm
- There are usually 2 games a week once the season starts.
- **WINTER BREAK GAME!** The Varsity & JV Boys will have a practice on Thursday, 2/19 & game on Friday 2/20. **ALL VARSITY players are expected to attend the training session and game over the winter break**, so plan accordingly.
- **SPRING BREAK IS FREE!** You are free to go on vacation.

We look forward to seeing you during conditioning.

See you soon,

Heath Merrill (Head Boys Varsity Coach)

Samer Kaddah (Assistant Boys Varsity Coach)

**HILLGROVE HIGH SCHOOL**  
**BOYS SOCCER TRYOUT SCHEDULE**

Date	Time(s)	Activity	Location
Friday 1.16.26	4:00-5:00 pm	Varsity Boys Fitness Test	Stadium Track
Monday 1.19.26	3:45-6:00 pm	Varsity Boys Tryouts	Stadium Turf
Tuesday 1.20.26	4:00-6:00 pm	Varsity Boys Tryouts	Mud Creek
Wednesday 1.21.26	3:45-6:00 pm	Varsity Boys Tryouts	Stadium Turf
Thursday 1.22.26	4:00-6:00 pm	JV Boys Tryouts	Mud Creek
Friday 1.23.26	3:45-6:00 pm	JV Boys Tryouts	Stadium Turf
Tuesday 1.27.26	6:00 pm (arrival) 7:00 pm (kickoff)	Varsity <b>Crimson &amp; Black</b> Scrimmage	Mud Creek
Tuesday 2.3.26	7:00 pm	Kick-Off Dinner (dues paid, uniforms distributed, etc.)	Cafeteria

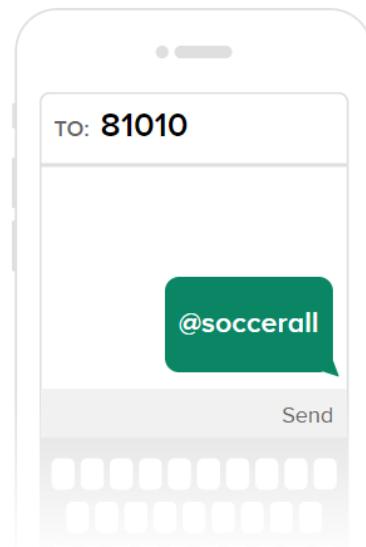
**\*\* All players trying out for Varsity soccer are expected to participate.**

**ALL PLAYERS need to...**

**1. Complete the form that can be found at this QR code:**



**2. Join the Remind text group by texting @soccerall to 81010**



## **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 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 a talent for learning and a good predisposition toward coaching
4. Players with 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.

## **TEAM SELECTION DECISIONS**

Decisions on which individuals will comprise each team are made on the following dates:

- **Varsity Soccer Team Selections** = Wednesday, **January 21, 2026**
- **JV Team Selections** = Friday, **January 23, 2026**.

### **DUES**

Once teams are selected, uniforms will be distributed, and fees collected. All payments will be collected at the kick-off dinner.

- **\$685 = VARIETY dues**
- **\$510 = JV dues**
- **\$285 = PRACTICE SQUAD dues**

**NOTE: The dues amount can change based on the new Hillgrove Soccer Board assessments of revenues and expenditures for the upcoming year.**

Please contact the coaching staff if there are any problems with these fees.

**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 must jog at least  $\frac{1}{4}$  of a mile and stretch well. Stretch both the 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 push yourself for an interval, then rest for an interval, then push, then rest, etc. The time you work should be a sprint, preferably uphill. You should have worked hard for approximately 14 minutes by the time you finish.
  2. **Distance running** – Run a straight, 21-minute, timed run. You should strive to complete 3 – 3  $\frac{1}{4}$  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 ten times.
  4. **Sprint repetitions** – 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
$\frac{1}{2}$ mile	2:45	3:00
6-18-60yd Shuttle	:32	2:00
<b><math>\frac{1}{4}</math> mile</b>	<b>1:15</b>	<b>2:00</b>
6-18-60yd Shuttle	:32	2:00
6-18-60yd Shuttle	:32	2:00
<b><math>\frac{1}{4}</math> mile</b>	<b>1:30</b>	<b>2:00</b>
6-18-60yd Shuttle	:32	3:00
$\frac{1}{2}$ mile	3:00	10:00
1 mile	7:00	---

**(Goalkeepers)**

RUN	MAXIMUM TIME	REST TIME
$\frac{1}{2}$ mile	2:45	3:00
6-18-60yd Shuttle	:32	2:00
<b>Pressure Training</b>	<b>1:15</b>	<b>2:00</b>
6-18-60yd Shuttle	:32	2:00
6-18-60yd Shuttle	:32	2:00
<b>Pressure Training</b>	<b>1:15</b>	<b>2:00</b>
6-18-60yd Shuttle	:32	2:00
$\frac{1}{2}$ mile	3:00	10:00
1 mile	7:00	---