Plano West Senior High Girls
Soccer Tryout Information

Future Lady Wolves! I am so excited to meet all of you! The following letter includes some general information for soccer tryouts at the beginning of school. Please read carefully as all questions should be answered within the letter.

All student-athletes interested in trying out for the soccer program should be scheduled into 7th period soccer at Plano West Senior High School. If you make the program then you will continue in the off-season program. If you do not make the program then you will speak with your counselor about a schedule change. If you are competing in a fall sport then you will finish your season before trying out for soccer. That date for the next tryout is the first Monday after Thanksgiving Break, Nov 30th.

**Tryout dates:** Aug. 12 - Aug. 26  **Time:** 4:30-5:30pm (tryouts will start promptly at 4:30pm)

-DUE to Covid-19 all athletes trying out for soccer will need to be dropped by the grass soccer field off of Yeary Road behind the baseball field. No locker rooms will be available, and each athlete will need to bring their own water and wear a mask. Each athlete will be required to self-screen before they tryout each day. Each athlete is also required to wear a mask while checking in every day and once the tryout begins, they will be instructed to remove their mask. Social distancing of 6 feet will be observed at all times while checking in/leaving and during the session. Athletes are also highly encouraged to bring their own hand sanitizer.

-Soccer tryouts are **CLOSED**. Parents will not be allowed to stay in the parking lot to watch.

-Parents will pick up their daughters at 5:30pm in the same area as they dropped them off.

-If you are not able to get a ride to tryouts you will need to notify Coach Kerestine immediately and you will be getting a schedule change. You will have another opportunity to tryout after Thanksgiving Break when we are in season and have longer practices.

-If you make the program and you have elected to stay virtual on Sept. 9th you will still be required to attend practice every day.

-Self-screen QR code (save to phone on your home screen). This will be done **everyday** before tryouts and practice. (this QR code is located on the last page)

-Athlete tryout information Google Form **OR** QR code (can be filled out prior to tryouts or on the first day)

https://forms.gle/iZfNEfbWP2xYvjpDA
ALL STUDENTS WILL NEED TO COMPLETE THE FOLLOWING PAPERWORK ON RANKONE: Can be found on PISD athletic website


-Updated 2020 physical evaluation (MUST BE ON PISD FORM and a hard copy turned in on the designated days). I will be collecting these physicals at a table set up at the soccer field starting at 4:30 on the below days.
  - 8/12 All Freshman & Sophomores
  - 8/13 All Juniors & Seniors
  - 8/14 Absolute last day for paperwork

-Medical History form filled out by player and parents and signed by both (this is now online)

-All UIL paperwork must be completed before you can tryout in RankOne

-All players need to come prepared for tryouts with the proper equipment including cleats, shin guards, running shoes, water jug, hand sanitizer, mask, and plain white shirt. We will provide the soccer balls.

-Our first day on the field playing soccer will be August 17th. You cannot participate and try out if you do not have all of the above paperwork completed.

EVALUATION:
-Technical ability- individual skill including passing and receiving, shooting, dribbling
-Small Sided game- shape awareness, touch in small spaces
-11v11 tactical game- passing accuracy, creating space, the understanding of different positions
-Fitness- assessment will include endurance and sprint testing

Expectations:
● Be on time and have all your paperwork, equipment, mask, hand sanitizer and your own water bottle.
● Come ready to work hard and compete…No excuses.
● All players should be game fit.
● Follow COVID rules

Google Classroom:
● Starting the 1st day of school during 7th period we will have a virtual Google Classroom session with EVERYONE enrolled in 7th period soccer everyday starting at 3:30.
● You will be logged on and ready when I post the Google Meet Link and you will listen/join in any discussions.
● You will be in a designated learning area free of distractions during our virtual session.
● We will be done with our live lesson with enough time to get to the field ready to try out.

Look for the latest updates on our website and Remind 101:

www.planowestladywolvessoccer.com

Remind 101 Code: @pwestsoc20

https://www.remind.com/join/k868ef
If you have any questions please email me at jacklyn.kerestine@pisd.edu

Plano West Women’s Soccer
Daily Health Questionnaire

https://forms.gle/KWZvFoqDJeGocmUk6

Must be Completed Each Day Before Practice or Game