

## TCHS Soccer Team



### Off-Season Workouts and Information

Revision 5-16-19

#### Important Facts:

- IF YOU PLAYED THIS YEAR, YOU MUST COMPLETE THE END OF YEAR SURVEY BEFORE SCHOOL ENDS. SEE MR.JIM TO GET ONE.
- Coach Ashley Todd-Findley will be the head coach for the girls team but Coach Jim will help oversee things over the summer and until she is settled with the baby. You can contact Coach Todd-Findley through Remind if you need to speak with her.
- You must be in good academic standing. This means that you are on track to graduate and **you pass all of your classes** or you will not be allowed to participate with the team.
- You must be getting in shape. Soccer is a game of skill, athleticism, and endurance. The following minimum requirements will be tested prior to the first day of tryouts. You must pass these in order to tryout. JV should strive for these goals but will be allowed to tryout if they are close enough. These are firm varsity requirements.

#### Boys:

- 3 x 7 min miles with 2 minute breaks between
- 50 pushups without stopping
- 30 x 4 count gorilla squats
- 35 x 4 count leg lifts
- 35 Star Jumps

#### Girls:

- 3 x 9 min miles with 2 minute breaks between
- 30 pushups without stopping
- 30 x 4 count gorilla squats
- 35 x 4 count leg lifts
- 35 Star Jumps

- You should be working on your skill to ensure you are where you need to be the 1<sup>st</sup> day of practice. Ball handling skills, dribbling, passing, and shooting skills can be practiced at home even when you are by yourself. **To make varsity boys must be able to complete 35 juggles with stopping.** Work on these all year at your house.
- The best thing you can do to prepare for soccer is to play as much soccer as you can (1-on-1 to 11-on-11). Any soccer is good soccer. Find a travel team, play with your family, go to camps etc.

#### Team/Tryout Facts:

- There will be a Varsity team consisting of approximately 18 players and a JV Team consisting of approximately 18 players.
- Anyone can be on the Varsity team but only 9<sup>th</sup> and 10<sup>th</sup> graders can be on the JV team.

- Minimum requirement for varsity must be completed before you may tryout as a varsity player.
- Fall workouts will be done after school. You must complete 50 workouts before the first game of the 2020 season to dress out. Workouts are counted once the regular season ends. You will receive 2 credits per week for any other sport you play.

**Summer Training:**

**Tattnall Soccer Camp** Monday-Thursday 7/15/19-7/19/19 and a Showcase Game Friday Night (need volunteers). These will count towards your workout credits. You are expected to contribute somehow.

**MGSU Soccer Team Camp** 06/17/2019 - 06/20/2019 ~ Monday – Thursday Registration Ends: 06/17/2019 \$100.00 - \$225.00 | Nesmith Stadium & Intramural Field 1100 Second St. SE Cochran, GA Athletes: 13-18. **The Team Should be able to pay for most of this.**

Being stronger is a large advantage on the field. We will also do skills training on some days and scrimmages on others. Summer training should not occur more than 3 times a week. Information will come out on Remind but training will more than likely occur on Tuesday and Wednesday nights from approx. 6-9 p.m. and Saturday mornings from 8-11 a.m.

**The first summer workout will be Tuesday 6/4/19 from 6:00-9:00 p.m. @ TCHS. Just show up. More information will come on Remind.**


Communications: Every player must sign up for the team remind 101 account.

**A** If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

[rmd.at/3c2h8f](http://rmd.at/3c2h8f)

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.




**B** If you don't have a smartphone, get text notifications.

Text the message @3c2h8f to the number 81010.

If you're having trouble with 81010, try texting @3c2h8f to (912) 388-4541.

\* Standard text message rates apply.

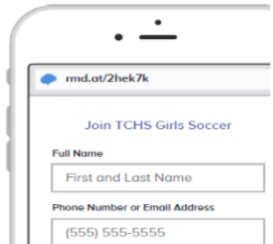


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On your iPhone or Android phone, open your web browser and go to the following link:

[rmd.at/2hek7k](http://rmd.at/2hek7k)

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.




**B** If you don't have a smartphone, get text notifications.

Text the message @2hek7k to the number 81010.

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Jim Richardson

Head Coach-TCHS Boys Varsity Soccer

912-282-8589 or jr Richardson@tattnall.k12.ga.us

