

John Jay Girls Soccer – 2019 Season

Parents & Players,

I hope you are all excited for the upcoming fall soccer season, we have had some great positives and successes over the past few seasons and we are looking forward to continue to build on these experiences and have another exciting season.

Tryouts for Varsity will be Monday, August 19th through Thursday August 22nd from 5pm-8pm each day. JV Tryouts start Friday 23rd Aug. Please ensure you have registered through family ID and have medical forms completed and handed into the Nurses office before the fall sports deadline.

Preparation for the High School season is important, however for some players who have played during the winter and spring it is also important to ensure you have a short break during the start of the summer for rest and recovery from these seasons. Leading up to the season players should be building and maintaining their fitness levels and getting touches on the soccer ball to prepare themselves.

Student-athletes have a responsibility to themselves, team mates and the program to arrive for tryouts fit and ready to play.

Pre-season training opportunities – Summer Conditioning & Pre-season Camp (optional)

The School is offering a 6-week Summer Strength and Conditioning training program from July 1st – August 16th. The focus of this is for athletes to learn proper technique for speed, power and strength development. There are two sessions a day (**4pm-5:15pm & 5:45pm-7pm**) and **this is free for students** and a great opportunity for those looking to improve and benefit from this training. Register for the program through SportsYou with code **9QVCS2UW** for questions contact jignore@klschools.org

There will also be several open turf sessions during the summer which will be on the athletic calendar

For players interested there will be an optional pre-season camp run at the High School from Monday Aug 12th to Thursday Aug 15th, this IS NOT mandatory. The camp will cover technical work to prepare players for the season, fitness work and tactical sessions to help players understanding.

Camp dates: **Monday 12th- Thursday 15th August, 5pm-8pm (Rain date Fri 16th)**

Cost: **\$145**

To register: [Click Here](#) to register through Lewisboro Parks and Rec for pre-season camp

Tryout information – what we are looking for

Tryouts will be heavily focused on technical work and tactical understanding, key areas we look at are;

- Being competent and confidence with your skills on the ball
- Ability to play in situations under high pressure
- Decision making and creativity on the ball
- Movement and decisions off the ball
- Adaptability and problem solving

We will have some fitness testing during tryouts, however most fitness will be assessed through the intensity and speed of the technical exercises we do.

If you have any questions please contact dnuttall@klschools.org

Coach Dave, Kristen & Kaitlyn
JJHS Girls Coaching Staff