

John Jay Modified Boys Soccer 2019



Welcome to Modified Boys Soccer! I am excited about the possibilities and the growth we should have throughout our season! Below are important dates and information that YOU MUST KNOW PRIOR TO PRACTICING!

- Students are not eligible for practices or try outs without registering on FamilyID (opens August 10th) or receiving clearance from the school nurse. To be cleared, all paperwork must be on file with the nurses office. Do not bring your physical forms to practice, as I CANNOT process it. They are due to the nurses by August 13th.
- The first day of practice/tryouts will be Tuesday, September 10th, September 5th there will be an information meeting for students at 3pm in the South Gym.
- Practice and try-outs will run from 3:00 to 4:00 each day at the Middle School field (or Fox Valley Park).
- Players MUST attend practice/tryouts -You are not eligible to play until you attend enough practices, so attendance is necessary and mandatory.
- Extra help is important. If you must attend on a certain day, please let me know BEFORE practice. I will be taking attendance. If you attend extra help, you will need to come to practice with a pass from a teacher.
- If you miss practice for any reason, YOU need to tell me. Telling another team member is not acceptable. If you are absent from school, obviously, you can wait until you return. If you miss more than half of the school day, you cannot practice OR play in a game that day.
- A game schedule will follow, along with various communications about pertinent topics. If you have any questions, please give me a call at school or e-mail me. The updated schedule can be found on the district athletics website via Tandem (<http://klufsd.tandem.co>).
- Certified shin-guards (covered by soccer socks) are required for each practice and all games.
- "Screw in cleats" are illegal for modified soccer, even in practice. Get the molded kind or turfs.
- I will check with the student's teachers early and often for any feedback they have about the players in the program. I have high expectations for them both on and off the field , in the classroom, hallway, and the lunchroom. Behavior CAN AND WILL have an effect on playing time.

During the summer, a workout schedule is a MUST! The tryouts will be tough and the more preparation you do now, the easier it will be when we start. You need to be able to run a mile in a maximum of 7 ½ minutes. You will not play in a game until you accomplish this goal. We will also try to get a 2-mile run in under 15 minutes. Suggested summer workout schedule (minimum):

- Monday – Warm-up and stretch, 1 mile run (*work to get it under 7 ½ minutes*), 10 50 yard sprints, 4 sets of 25 push ups and sit ups
- Wednesday – Warm-up and stretch, 2 mile run (*work to get it under 15 minutes*), 4 sets of 25 push ups and sit ups
- Thursday – Warm up and stretch, 10 18 yard sprints, 10 50 yard sprints, 4 sets of 25 push ups and sit ups
- Friday – Warm up and stretch, 3 mile run, 4 sets of 25 pushups and sit ups
- Saturday, Sunday – Rest, easy jog, bike ride, etc.

Remember this is just a suggested minimum. Soccer is demanding both physically and mentally, so preparation is vital. A workout should always also include touching the ball! The more you play, the better. If you are unable to play competitively, simple slalom dribbling, cut backs, juggling, and shooting/passing to a wall are all things that can be done alone.

See you in September,
Coach Jim Egeler
763-7500 (ext. 9318)
jegeler@klschools.org