

Boys Soccer tryouts/practice for the 2018 season will begin on Monday, August 13th. All candidates need to be present at these sessions as the Varsity and Junior Varsity teams will be selected based upon performance during the first two days.

- **Physical Form**

All candidates must have their PIAA medical form completed. It can be downloaded from:

- The PIAA website - <http://www.piaa.org/piaa-for/parents/default.aspx?tab=forms>
(When you get to the page, select the "forms" tab)
- The PJP Athletics website –
<http://www.craw.org/Downloads/2015-2016%20Physical%20Forms2.pdf>

The form must be turned into the coaches the first day of tryouts. Please understand, any player who does not have his medical form in our hands will not be permitted to tryout.

- **1st Week Tryout/Practice Dates & Times**

- August 13th – Meet at Track at the following times:
 - 7:30 – 8:00 AM (UPPER CLASSMEN) – Admin (collect forms, sign in) & Warm-up
 - 8:00 – 9:30 AM (UPPER CLASSMEN) – Fitness Test
 - 9:00 – 9:30 (FRESHMEN) – Admin (collect forms, sign in) & Warm-up
 - 9:30 – 11:00 AM (FRESHMEN) – Fitness Test
- August 13th – 6:00–8:00 PM – Tryout session 1
- August 14th – 8:00–10:00 AM – Tryout Session 2 (Initial Notification)
- August 14th – 6:00–8:00 PM – Tryout Session 3 (2nd & Final Notification of cuts (if any))
- August 15th – 4:00–6:00 PM – Practice (Final Team Selection (Varsity or JV) Notification)
 - August 15th is the observance of Assumption of the Blessed Virgin Mary and there will be no morning activity.
- August 15th – 6:00–8:00 PM – Player/Parents (both) Meeting & Uniform Distribution
- August 16th - 8:00–10:00 AM – Practice
- August 16th - 6:00–8:00 PM – Practice
- August 17th – 8:00–10:00 AM – Practice
- August 17th - 6:00–8:00 PM – Practice
- **SATURDAY**, August 18th - 10:00 AM–12:00 noon – Alumni Practice followed by lunch in parking lot.

- **2nd Week Practice Dates & Times**

- Monday, August 20th through Thursday, August 23rd – Two practice sessions per day.
 - 8:00–10:00 AM
 - 6:00–8:00 PM
- Friday, August 24th – 8:00–10:00 AM – Practice
- Friday, August 24th – 6:00 PM – Family event (players mandatory).

- **Fitness levels, expectation for preseason**

- There are fitness and conditioning expectations for team selection. All players must be prepared to participate in fitness testing. The high school soccer season is too short for student-athletes to expect to "get into shape" during the season. We play our first game less than two weeks after tryouts begin. It takes at least eight weeks to be in "game" shape.

Fitness Test – August 13th – 8:00–11:00 AM

- Varsity

- 3*400m (each 400m in 1:20 min or less)
 - 3*300m (each 300m in 65 sec or less)
 - 3*200m (each 200m in 40 sec or less)
 - 3*100m (each 100m in 15 or less)
- JV
 - 3*400m (each 400m in 1:35 min or less)
 - 3*300m (each 300m in 75 sec or less)
 - 3*200m (each 200m in 50 sec or less)
 - 3*100m (each 100m in 20 or less)

Starting with the set of 400m, sprint 400m within time limit, then rest for 90 seconds, repeat run, once you have completed the 400m set, rest for 90 seconds and proceed onto 300m...continue until you have completed all sets from 400m-100m. Remember you have a 90 second rest after every run.

Players failing to meet the above times will still be able to “make” the team, but will not be able to participate in scrimmages and/or games until they have successfully met the times. There will be at least two other testing times available within the 1st three weeks of the season. Dates/times will be determined.

- **IF I AM SICK OR INJURED SHOULD I STILL COME TO TRYOUTS?**

Injured students should still come to the tryouts (but not participate) if they are to be considered for placement on a team. If a student is sick please contact Coach Tom Csongradi at boysoccer@pjphs.org in advance of tryouts.

- **Preparation for Tryouts**

Current optional workouts that you can take advantage of:

- Starting in the beginning of June timeframe - Fitness & Soccer Training – Mondays, Wednesdays & Fridays @ PJP (front field) – 6:30-8:00 PM

- **Practices dates/times (Varsity & JV) – after 2nd week**

- Week of August 27th, Monday - Thursday – 6:00–8:00 PM.
- Monday, September 3rd – NO PRACTICE – Labor Day Holiday
- Beginning Tuesday, September 4th - Monday-Friday 4:00–6:00 PM

If there are any questions or if additional information is needed, please contact Tom Csongradi at boysoccer@pjphs.org.