



GIRLS TRYOUT FAQs

How and when do I sign up for tryouts?

Our tryout registration is currently open. It is an online process that you can access through the 2022-2023 Girls Tryout Registration link on our site. We request that athletes are registered before tryout week begins. We do accept walk-ins however registering onsite has proven to cause the athlete a considerable amount of stress. To best prepare your athlete for tryouts please register in advance.

Do I have to attend a tryout session and how many sessions do I register for?

You must register and attend a tryout session to make a team. You only need to attend one tryout session. If you are unable to make the first session, then you may register for the makeup session. An athlete may be called back to the makeup session if the coaching staff would like to see more play. If you are called back to the makeup session you do not need to register and pay again.

Can I tryout for more than one age group?

Yes, but you will have to register and pay the fee for all age groups you are trying out for.

What do I need to bring to tryouts?

Bring your Medical Form, CHRVA membership card, athletic shoes, kneepads, and water bottle.

Are parents able to watch the tryout process?

Parents are welcome to watch tryouts, but we ask that parents do not distract athletes or coaching staff.

We will not have room in the gym for bleachers and we do not allow additional chairs so that we can best facilitate athlete movement and ball control.

What if I'm injured or sick during the tryout dates?

We recognize that illness and injury happen, and we will address each situation on a case-by case basis. Please email our Travel Director with any concerns in this area. Email | nick.collins@thestjames.com

Can I attend other clubs' tryouts?

Yes, you may attend tryouts for as many clubs as you like.

How will I know if I make a team?

Tryout numbers will be posted on each team page on our website, and you will receive a phone call and an offer letter via email.

If I am offered a spot with The St. James, will I need to accept it right away or risk losing the spot before I hear from other clubs?

You may accept your offer from The St. James right away. CHRVA rules indicate that offer stands and is available for consideration for 72 hours.

If I make a team when do practices start?

The beginning of December.

How often do teams practice and where?

Teams practice 3x per week. Teams practice at the St. James at 6805 Industrial Rd, Springfield, VA, 22151 between 5PM and 10PM.