**[](http://www.rhsseattle.org/index.php)**

*Roosevelt Girls Soccer*

**Welcome to RHS Girls Soccer!**

Thanks for your interest in Roosevelt Soccer. School sports are a great way for students to get connected at Roosevelt. Girl soccer players immediately find themselves surrounded by a group of hard charging scholar athletes who know their way around Roosevelt. The upper classmen are great about helping new students adjust to high school. Community is a great thing in a big school like Roosevelt and wearing green and gold on game day is icing on the cake.

**WHERE TO FIND INFORMATION**

We post information about trainings, events, forms, and a calendar, on the girls’ soccer page of the Roosevelt Athletic Booster page<http://www.rooseveltathleticboosters.org>. Please frequently check the blog and calendar for updates. An email list will be started late spring - send mail to the parent manager, Kristina Grey, [kgrey@feyandgrey.com](mailto:kgrey@feyandgrey.com) to be added!

Please feel free to contact Kristina with any questions you may have about the season ahead. Players are welcome to contact captains with any concerns, worries, or questions they may have about the upcoming season.

**Head Coach**

Stanley Holmes enters his sixth year as head coach of the RHS Girls Varsity Soccer Team, leading the team to a 3A State Quarterfinal finish in 2016 and 2017 season. You are encouraged to contact Coach Stanley if you have questions about the program.

* Stanley’s Contact info: 206-200-2245: [ssholmes66@hotmail.com](mailto:ssholmes66@hotmail.com)

**SUMMER TRAINING SESSIONS**

Summer trainings will be strongly recommended for Freshmen and for older players. Team captains and the head coach will be leading the summer sessions. Trainings will be held two times a week starting June 26, Tuesday and Thursday, from 8:15 a.m. to 9:30am at Roosevelt High School field. Please watch the blog for any unforeseen schedule changes.

* June 26,28
* July 5,10,12
* July 17,18
* July 24,26,31

These practices do not represent enough running or soccer to prepare for the fall season. We highly encourage players to do additional fitness outside of organized practice times. We also expect players who want to make Varsity already are playing for a club soccer team – and we strongly encourage every aspiring high school player to be playing some level of competitive club soccer. You also want to get as many touches on the ball as you can over the summer. Come to our summer trainings, play with a club team, find a pick-up game. Enjoy it and embrace it with passion!

**August Captain Trainings**

The team captains will decide what, if any, training will take place in August before tryouts. These sessions will be designed and led by the captains. They will let the players know.

**FITNESS EXPECTATIONS**

The more fit you are, the better prepared you are for soccer 5-6 days per week for 10-12 weeks straight in the fall. Injuries really put a cramp in this brief season. The HS soccer season is too short for student athletes to expect to "get into shape" during the season. We usually play our first game only 11 days after tryouts begin. It takes at least eight weeks to get in "game" shape. The average high school varsity soccer player can run more than 5.5 miles a game. Prospects need to come to tryouts already in game shape or they will more than likely subject themselves to injury. We want players healthy and fit so they can participate and have fun.

**TRYOUTS/ TEAM FORMATION**

Official tryouts start Monday, Aug. 20, 2018. We will practice twice a day, Mon-Fri for the week leading into Labor Day weekend. During the first week, we work to form our teams. The second week, the teams continue practicing together to prepare for their first games the following week. The morning fitness sessions will be held at the RHS field and the afternoon soccer sessions will be held at a Magnuson Park field. Please refer to the blog for details as we get closer. Each player must have *10 days of training* to be eligible to play in their first game. We expect to field three teams for the fall 2018 season: Varsity, JV, and JVC.

Varsity players should not be making vacation plans over Labor Day weekend. The team will be playing a possible scrimmage on that Saturday. The team will be involved in team meetings and a retreat August 25-26.

**Are players cut?**

We traditionally have more kids than there are spots available, so yes. That said, there are many spots to be filled so prospective participants shouldn’t be derailed.

**If I am sick or injured, should I still come to tryouts?**

Injured student athletes should still come to tryouts if they are to be considered for placement on a team. If a student athlete is too sick to come to tryouts, she MUST contact the coaching staff or team manager. In addition, all injuries need to go through our Athletic Trainer.

**How are teams formed?**

Team coaches and assistant coaches evaluate each player. Each player will have ample opportunity to showcase her skills, soccer knowledge and fitness at tryouts. Specifically, the coaches look to evaluate the four components of a soccer player: (1) technical ability - speed of play, successful application of skill at a high speed and while under pressure (2) tactical awareness and application - speed of thought, ability to read the game and make decisions that are best for the team (3) physical development and conditioning - speed, quickness, strength, agility, aerobic capacity (4) psychological - maturity, competitive spirit, attentiveness, leadership, communication, mental toughness, cooperation. After teams are formed, there may be some movement in the roster each week. Spots will be earned during training prior to the game based on effort, performance, attitude and health.

All student athletes, regardless of their grade level, are eligible to make Varsity. Because a student athlete was on Varsity, JV, or JVC last year does not guarantee she will make the same team this year.

**ATHLETIC REGISTRATION**

Please get your physical as soon as possible and forms in by June 22nd, 2018to ensure that your paperwork gets processed on time. There will be no sports fees this year but you need to purchase an ASB card ($90) and pay all outstanding fines. You can find the pertinent information to register for athletics at RHS at <http://www.rhsseattle.org/athletics.php> . Registration is your responsibility!  **If your papers are not cleared by the athletic secretary, you cannot step on the field at tryouts.** There are at least 7 forms for registration and then a soccer specific one a little further down the page.