

## Express Tryout FAQ 2019-20

### **What teams are being offered this year?**

Provided there is enough player interest, tryouts will occur for the following birthdates:

| Girls   | Boys  |
|---|---|
| 17U - '03 and '02*<br>16U - '04<br>15U - '05<br>14U - '06<br>13U - '08, '07 | 16U - '04 and '03**<br>15U - '05***<br>14U - '06, '07<br>12U - '08, '09, 10 |

\*17U Girls - For '02's to qualify, must be born between Sept. 1 and Dec. 31.

\*\*16U Boys - For '03's to qualify, must be born between Sept. 1 and Dec. 31.

\*\*\*15U Jan. to Aug. play 16U. Sept. 1 - Dec. 31 may play 14U.

***Any player born Sept. 1 - Dec. 31 may play down one age category.***

### **What do I bring to tryouts?**

Dress for hard work. I.e., shorts, clean shoes, t-shirt provided before the first tryout (every session please), and knee pads (optional). Bring a towel and a water bottle.

### **When are tryouts?**

Sept. 13 - 30. (Times, Locations and Dates TBD) Players may be added until Feb. 1.

Each age group will have a minimum of 3 tryout sessions lasting 90 minutes each. It is highly recommended that players attend all three. If you cannot, please communicate this to the head coach of the age group.

### **Can my child tryout for multiple clubs?**

Yes. Players may tryout for as many clubs as they wish.

### **What happens if I'm chosen by Express?**

If you are chosen by an Express coach, you will receive an official contract. After you sign, you still have 36 hours to change your mind. If you choose to decline, for whatever reason, a coach might offer you a subsequent contract.

### **What do I do when I accept?**

You sign the contract and then register at [www.ExpressVC.ca](http://www.ExpressVC.ca) in the appropriate area.

Further questions?

Visit: <https://www.expressvc.ca/competitive>

Or Contact Darlene at [secexpressvc@gmail.com](mailto:secexpressvc@gmail.com)