

Lady Viking Player Meeting

Spring 2019



Fill out the Clipboards

- Paperwork
 - Check to see if papers are in or what papers you need- **do not** put a checkmark if you think I am missing something- **talk to me after**
 - **For Athletic packet:**
 - If it says “STUDENT” you need the parent part
 - If it says “PARENT” you need the student part
 - If it has an X, you are done with that part.

What is due by Friday morning

- All your papers **before tryouts?**
 - Physical- **done by a doctor**
 - Athletic Packet- **Online**
 - Soccer Packet- **Green form**
 - Lock check out form- **some have already filled this out**
 - **Grade check- pink form**

New Form- PINK

- Turn in your grade check- filled out by teachers
- Field trip form filled out by parents

Online Paperwork

- Both athlete and parent must fill out paperwork
- It is on skyward
 - Click online forms
 - “2018-19 Athletic Disclosure Statement
 - Parents need to do it as well on THEIR OWN SKYWARD ACCOUNT.
 - Talk to me if they need a password

Twitter and website

- **GIRLS SOCCER WEBSITE**

Smwvikingsoccer.com

GO TO THIS PAGE TO SIGN UP

(if you have not done so yet)

Twitter: @Smwvikingsoccer

Soccer scores: @KSSoccerScores

<https://www.kansashssoccer.com/>

All high school results

Don't have twitter, you can still get the tweets

- Look at the website. The tweets show up on the website.
- To get tweets to your phone:
 - For the number, type: **40404**
 - Then type: **Follow @smwvikingsoccer**

Concussion Testing

- Concussion testing is to get a baseline test if you get a concussion
- It takes about 45 minutes and on a computer
- Freshmen and Juniors need to do this
 - If you have done it for another sport, you do not have to do it again
 - Any sophomores and seniors who have not been tested

Concussion testing dates

- When: Feb. 21st at 3:15pm
- Where: Meet outside training room
- Who: Freshmen, juniors, or new to the program
 - If you have done it this year already, you do not need to do it again.
 - Takes about an hour
 - Feb. 22nd at 315 is another date.

APPROAVED SHINGUARDS

Shin guards must have this symbol ON the front of the shin guard along with the height standards



Freshmen Duties

- Get balls
- Get cones
- Get pennies
- Get sandbags
- Get flags
- Get mini-goals
- Get coolers- filled with ice and water
- ALWAYS PICK IT BACK UP AND TAKE BACK TO OUTDOOR STORAGE!

How does Monday of tryouts work?

- You get dressed in the locker room
 - Do not leave gear in locker room
 - Let me know if you need a lock
- **Monday: Meet at 250 in the main gym for beep test**
- Other days: Warm up is at 3:00- Turf field by tennis courts
- upperclassmen lead
 - DO NOT BE LATE!
 - Practice starts at 3:15, but you need to be warmed up for it
- If ALL paperwork is in, you may tryout

If we go indoors

- Tryouts are from 600-900pm at an elementary school.
- Wear indoor shoes or running shoes.
- **YOU STILL NEED SHINGUARDS!**
- You will need to find our own transportation. If this is an issue, please talk to me.

Do you use a locker room?

- YOU MUST HAVE TURNED IN A CHECKOUT SHEET
- If you already have, you are good to go
- If you need a lock, see me
- Lockers to use in TEAM LOCKER ROOM:
 - 67-136
 - If you are in the gym locker room, fill out a sheet

More Tryout Information

- Tryouts are ALL five days
- On Friday, Teams will be posted at 8:00pm
 - On the web: smwvikingsoccer.com
- Practice on Saturday for ALL players who make the program
- Seniors- ONLY eligible for Varsity
- 9th-11th- Eligible to make all 3 teams

If you make the team,

- Remember, practices and games are **MANDATORY!!** These are not optional like conditioning.

Meet the Coaches

- Varsity: Coach Gonzalez
- Assistant Coach: Coach Orozco
- Junior Varsity: Coach Zimmerman
- C Team: Coach Dorau

Schedule Until Tryouts

- **Thurs:** Signing for Lindsay Edmonds
- **Fri:** Weight room day
- **Mon:** No School- no conditioning
- **Tues:** No School- no conditioning
- **Wed:** Beep test 615am/ Conditioning 300
- **Thurs:** Conditioning 300/ Concussion Testing
- **Fri:** Weight room/ Concussion testing

Good luck ladies!

- MAKE SURE YOUR PAPERS ARE TURNED IN!
 - Turn in to Coach Gonzalez in room 25
 - THANK YOU FOR ALL OF YOUR HARD WORK THIS PRESEASON
- Any questions, please me
- Freshmen, tour to gear
- If you have NOT turned in the online form, see me