

# Girls' Soccer Informational Meeting



# PRE-SEASON MEETING

- **GIRLS SOCCER WEBSITE**

Smwvikingsoccer.com

**GO TO THIS PAGE TO SIGN UP**

Twitter: @Smwvikingsoccer

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

Shows all high school results

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

- Text "follow @smwvikingsoccer" to 40404



# **Coach Gonzalez Varsity Coach**

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- **Room 25**
- **[sarahgonzalez@smsd.org](mailto:sarahgonzalez@smsd.org)**



# **Junior Varsity**

**C Team**

# Coach Katie Orozco

- Will be an assistant for the program

# PRE-SEASON MEETING

- **ATHLETIC PACKET- ONLINE**
- **PHYSICAL FORM- WHITE**
- **SOCCER PACKET- YELLOW**
- **LOCK FORM- GREEN**

# Online Paperwork

- Both athlete and parent must fill out paperwork
- It is on skyward
  - Click online forms
  - “2019-20” Athletic Disclosure Statement
  - Parents need to do it as well on THEIR OWN SKYWARD ACCOUNT.
  - Talk to me if they need a password

# YOU MUST HAVE:

- ALL FORMS TURNED IN
- A STUDENT IN GOOD STANDING
- MUST HAVE PASSED 5 CLASS FALL SEMESTER

# Add Calendar to Google Calendar

- The steps are on the webpage
  - [Smwvikingsoccer.com](http://Smwvikingsoccer.com)
- Choose calendar of events, and look below the calendar
- **Saturday, May 9<sup>th</sup>- game for C-Team, JV and Varsity 1000/1200 vs SMNW**



# TRYOUTS

- **First Day of Spring Soccer Season is Monday, March 2<sup>nd</sup>, 2020.**
- **Must have ALL FORMS turned in prior to tryouts in order to participate.**
- **Depending on the numbers, plan to have 3 teams again this year:**
  - **VARSITY**
  - **JUNIOR VARSITY**
  - **C TEAM**
  - **SENIORS- CAN ONLY MAKE VARSITY**

# SELECTION OF TEAMS

- **Components of a “Elite” soccer player**
- **Fitness Standards**
- **Attendance in pre-season conditioning.**

# COMPONENTS FOR SELECTION

- **TOUCH ON THE BALL**
- **TECHNICAL SPEED**
- **COACHABILITY**
- **WORK-RATE**
- **AWARENESS**
- **REACTION TO FAILURE**
- **LEADERSHIP QUALITIES**
- **SPEED**
- **SIZE AND STRENGTH**
- **DEDICATION AND RELIABILITY**

# **Dedication to Program and attendance**

- Practices and games are mandatory.
  - Unless ill or emergency

# Save the dates:

- March 27<sup>th</sup>- no school, but we practice at 300
- April 10<sup>th</sup>- No school, but:
  - Practice for C team, and Varsity
  - Jv tournament on Friday and Saturday
- April 13<sup>th</sup>- no school, but we practice at 300
- April 17 and May 1-Friday night games for all teams
- May 9<sup>th</sup>- Saturday games for all teams

# **FITNESS STANDARDS**

- **Soccer is considered one of the most physically demanding sports on the human body.**
- **To prevent injuries and to compete at the highest levels in Kansas High School Soccer.**
- **The following are the standards for ANY AND ALL GIRLS WHO WANT THE OPPORTUNITY TO TRYOUT FOR THE VARSITY TEAM ONLY.**

# **FITNESS STANDARDS**

- **FOR FIELD PLAYERS:**
  1. Be able to run 1 ½ MILES in 10:30 MINUTES OR LESS.
  2. Be able to reach LEVEL 9 on the PACER(BEEP) TEST.

**Both of these must be done when coaches are present!**



# **FITNESS STANDARDS**

- **FOR GOALKEEPERS:**
  1. Be able to run **ONE MILE** in **7.5 MINUTES OR LESS.**
  2. Be able to reach **LEVEL 8** on the **PACER(BEEP) TEST.**

**Both of these must be done when coaches are present!**

# **PRE-SEASON**

# **CONDITIONING PHASE 1**

- **Starts Friday, November 22nd, 2019.**
- **After school – 3:00pm to 4:15pm @ SMW.**
- **Change and meet by 3:00pm outside room 25-warm-up outside girls locker room @ 250**
- **Monday-Friday.**

# How conditioning works

- Get a lock- or use gym locker
  - Meet at 250 outside girls locker room
- We start at 3:00 at room 25-
- Monday-Thursday until 4
- Friday- weight room day until 4:15
  - Wear running shoes or indoors- no cleats
  - Be prepared to go outside- 40 degrees and above, we are outside
    - No school, no conditioning

# **PRE-SEASON**

## **CONDITIONING PHASE 2**

- **Starts Monday, December 2nd, 2019 at rm. 25**
- **MONDAY thru FRIDAY 3:00-4:15 rm. 25**

# **PRE-SEASON**

# **CONDITIONING PHASE 3**

- **Starts Monday, January 6, 2020 at rm. 25**
- **MONDAY thru FRIDAY 3:00-4:15 rm. 25**

**SHAWNEE MISSION WEST  
LADY VIKINGS  
SOCCER**

**OUR GOAL IN 2020?**

**KANSAS 6A**  
**STATE CHAMPIONSHIP**

**MAY 30<sup>th</sup>, 2020**  
**@ Hummer Park**  
**Topeka, KS**