

2021 Preseason Meeting

Parent and Player Information

Tryout Information

JV and Varsity Tryouts - All athletes entering 9th – 12th grade

When: Monday August 23rd – Aug 25th

Where: Durgee JH School Soccer Fields & Pelcher Arcaro Stadium

Time: TBA

We will be selecting teams based on skill and coachability.

Criteria will include:

Skills:

Ball handling skills

Off the ball play- runs positioning

Shooting skills

Teamwork

Communication

Competitiveness

Passing skills

Etc.

Offensive/defensive skills

Modified and Freshman Tryouts

When: Starts Monday August 30th thru Sept 1st

Time: TBA

Where: Ray Middle School soccer fields

FAMILY ID:

- You must sign your child up on this site during the times listed below for them to be able to tryout.
- Sign up on Family Id through athletics website:
<https://hello.familyid.com/>
- **JV and Varsity:** Opens July 24th closes on August 16th
- **Modified and Freshman:** Opens July 31st closes on August 23rd

JV and Varsity Players trying out (grades 9-12)

We offer the following for your child to play in:

Skills camp will run in July please see form for more specific information and dates.

Summer league sign up: grades 9-12 (we have both JV and Varsity levels)
Returning varsity players plus all 11th graders will play in Varsity league
(others may be asked to play as well)
JV will be 9th and 10th graders and any 8th graders that were asked to try out for JV

Modified players: Grade's 7th and 8th

Skills camp will run in July please see form for more specific information and dates:

Our website: <https://www.bvillegirlssoccer.com/> check here for updated information on tryouts , leagues and camp information

Summer workouts: Be prepared for the first week of tryouts

We will be running the mile on Tuesday. You should be able to run this at a decent pace (Var athletes should be under 8:00 minutes Most should be under 7:30)

You should get yourself into good shape before trying out. This tryout will be rigorous and you being in shape will help to alleviate injuries to your body. Most of the injuries in the beginning of the season are because of people being out of shape!

Suggested workout plan:

Week#1	<ul style="list-style-type: none">• Jog 5 minutes sprint 30sec total of 20 minutes• Foot skill work change of direction alternate left and right foot(10 minutes)• Shooting right/ left foot(5 minutes each side)	<ul style="list-style-type: none">• 100 yd sprints (5)• 20 push ups• 25 bicycles• 30 crunches• 50 yd high knees (4)
Week2	<ul style="list-style-type: none">• Jog 6 minutes sprint 1 minute (24 minutes)• Foot skill and juggling work(10 minutes)• Finishing skills outside box(10 minutes)• Long ball passing(5 minutes)	<ul style="list-style-type: none">• 200 yd sprints (4)• 50 yd sprints (6)• 20 pushups• 25 bicycles• 40 crunches• 100 yd butt kicks(3)
Week3	<ul style="list-style-type: none">• Jog 4 minutes sprint 30 seconds (25 minutes)• 1 v1 work with partner(5 min)• Corner kicks(5 minutes)• Defensive slides(5 min)	<ul style="list-style-type: none">• 100 yd sprints (5)• Hills 5 mins• 30 pushups• 50 crunches
Week4	<ul style="list-style-type: none">• Jog for 20 minutes• Foot skill work• 2 v 2 small games• Dribbling• Offensive moves	<ul style="list-style-type: none">• Agility drills (lines) 5 mins• Full field lines(2)• 50 yd sprints(5)
Week5	Same as week 3	Same as week 1
Week6	Same as week 2	Same as week 2

You should be running a minimum of two miles per day and working on your foot skills before tryouts. There are all kinds of drills you can work on by yourself to become a better player. It is the skill work that will increase your soccer abilities rather than the game situations. Games are fun and are helpful too but those players who do more on the off-season are better prepared.

Expectations for athletes:

- Be dedicated
- Be hard working
- Jobs don't interfere with practice or games
- Plan College visits around practices and games
- No Whining
- Be coach able
- Come to practice with motivation
- Have a positive attitude
- Practice is as important as games be prepared to practice if you want to play in games!

**Be careful what you're doing on the internet:
Facebook/Myspace/twitter/Instagram**

Coaching Staff:

Varsity Kathy Morse: kmorse@bville.org

JV Tom Hartshorn thartshorn@bville.org

Freshman Candy Sweeney: csweeney@bville.org

Modified Meghan Metcalf and Megan Tabor: mtabor@bville.org

Baldwinsville Girls Soccer



ONLY
\$70
per player

Come train and prepare yourself for the 2021 girls soccer tryouts!

Mondays & Wednesdays
July 5 - August 2, 2021

This camp is designed only for 7th-12th Graders and will be held on the Durgee Soccer Fields.

New and returning players are welcome!

Please bring plenty of water, shin guards and your soccer ball.

SKILLS CAMP (GRADES 7-12) PLAYER REGISTRATION: To register, complete the form below. Return the entry with payment to a Booster Club Member. Make check payable to Baldwinsville Girls Soccer Booster Club, venmo: @bvillegirlssoccerbooster, or register online at www.BvilleGirlsSoccer.com. *If paying online or via venmo, there is a \$4 credit card processing fee added.*



Name: _____ Age: _____

Name: _____ Age: _____

Name: _____ Age: _____

Address: _____

City/State: _____ Zip: _____

Phone: () _____ Total: _____ Check # _____

(Make payable to: Baldwinsville Girls Soccer Booster)

Baldwinsville Girls Soccer League

Varsity Teams		JV Teams
1 - Bville	6 - Fulton	11 - Bville
2 - CNS	7 - Oswego	12 - CNS
3 - ESM	8 - Central Square	13 - ESM
4 - Westhill	9 - Marcellus	14 - Westhill
5 - WG	10 - FM	

June 29, 2021			
Time	Field 1	Field 2	Field 3
4:00 pm	1 vs 3	5 vs 6	2 vs 4
5:15 pm	11 vs 13	7 vs 10	12 vs 14
6:3 pm	8 vs 9		

July 6, 2021			
Time	Field 1	Field 2	Field 3
4:00 pm	1 vs 5	4 vs 9	6 vs 8
5:15 pm	2 vs 7	11 vs 14	3 vs 10
6:3 pm	12 vs 13		

July 13, 2021			
Time	Field 1	Field 2	Field 3
4:00 pm	11 vs 12	3 vs 6	5 vs 8
5:15 pm	1 vs 9	13 vs 14	
6:3 pm	4 vs 7	2 vs 10	

July 20, 2021			
Time	Field 1	Field 2	Field 3
4:00 pm	1 vs 4	5 vs 10	2 vs 8
5:15 pm	11 vs 13	6 vs 9	12 vs 14
6:3 pm	3 vs 7		

July 27, 2021			
Time	Field 1	Field 2	Field 3
4:00 pm	3 vs 9	7 vs 8	2 vs 6
5:15 pm	1 vs 10	4 vs 5	12 vs 13
6:3 pm	11 vs 14		

August 3, 2021			
Time	Field 1	Field 2	Field 3
4:00 pm	1 vs 6	4 vs 8	3 vs 2
5:15 pm	11 vs 12	10 vs 9	7 vs 5
6:30 pm	13 vs 14		

SUMMER LEAGUE PLAYER REGISTRATION: To register, complete the form below. Return the entry with payment to a Booster Club Member. Make check payable to Baldwinsville Girls Soccer Booster Club, venmo: @bvillegirlssoccerbooster, or register online at www.BvilleGirlsSoccer.com. *If paying online or via venmo, there is a \$4 credit card processing fee added.*



Summer League is \$25/player. If you are in need of a pinnie, the cost is \$45/player.

Name: _____ Age: _____ JV Varsity

Pinnie \$45 No Pinnie \$25

Name: _____ Age: _____ JV Varsity

Pinnie \$45 No Pinnie \$25

Name: _____ Age: _____ JV Varsity

Pinnie \$45 No Pinnie \$25

Parent Name: _____

Phone: () _____ Player's Grade (entering) _____

Total: _____ **Check #** _____

(Make payable to: Baldwinsville Girls Soccer Booster)

If paying online or via venmo, there is a \$4 credit card processing fee added to each transaction.