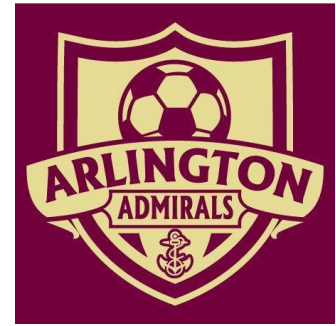




# Arlington Girls Soccer



## Tryout Information

### 2022

“The mission of the Arlington Central School District Athletic Program is to foster the quest for excellence by creating an educational and competitive experience within the atmosphere of sportsmanship. We strive to develop and realize individual and team potential by promoting high standards of competence, character, civility and citizenship.”

**Tryout Dates:** Times are subject to change. Times will be posted on SportsYou and the School's website

Monday August 22nd:	8-10:30 am	&	5:30-7:30 pm
Tuesday August 23rd:	8-10:30 am	&	5:30-7:30 pm
Wednesday August 24 <sup>th</sup> :	8-10:30 am	&	5:30-7:30 pm
Thursday August 25 <sup>th</sup> :	8-10:30 am	&	5:30-7:30 pm
Friday August 26 <sup>th</sup> :	8-10:30 am	&	5:30-7:30 pm

### Tryout Information:

- You **must** be registered on Familyid **before** the first tryout (see other paper for information)
- You must bring the following:
  - Cleats
  - Shin guards
  - Running sneakers
  - Water
- **Only wear an Arlington shirt or solid color T-shirt** (this applies to the entire season)
- No jewelry- be dressed as if you were playing in a game
- You must have arrangements for drop off and pick up. **Arrive 15 minutes early.**
- Players are evaluated on:
  - Technical Ability (Ball control, passing, dribbling, finishing)
  - Tactical Awareness (Both attack and defense)
  - Physical Aspects (Endurance, speed, agility, strength)
  - Personality traits (Drive, aggressiveness, determination, responsibility, leadership, coachable)
- Come to tryouts in shape. Do not wait to work on endurance at tryouts. To be prepared and to avoid injury you **MUST** be working out in the summer. Attend summer practices and camps in the area. See attached information.

### Summer Open Gym and Workouts Information:

Starting July 11th: Every Monday 6-7:30pm (Except 7/25)  
AHS High School Maroon Field

### Team Communication

All summer info and any changes in tryouts will be sent by using the Sportsyou App. Please use the code: **C973MQ5B** to join “Arlington Girls Soccer Program.” Any questions please email me so I can help you get connected!



You **MUST** be signed up and registered through Familyid in order to participate in tryouts. **Please see the information on the sheet provided**

The Summer of 2022 is going to be a very competitive tryout, as we have limited spots on our teams. Although August may seem very far away, you must begin preparing now so that you are able to give your very best the week of tryouts. You will have 8-9 sessions to be evaluated and you need to do all that you can to be able to play at the top level. It does not matter what team you were on last year, how that season went, or who you have played for in the past. Everyone has the tryout process to prove themselves. A main component of earning a spot on any elite team is your physical ability. *It shows that you have put in the time and dedication over the summer to prepare yourself for this team.* We have organized some preseason tests to help set a team standard:

**Two Mile Run:** We will use the track for a timed 2-mile run. **Goal:** 16:00 Minutes

**Nike Sparq Beep Test:** The Yo-Yo Intermittent Recovery Test (YIRT) is a 20-meter shuttle test with a progressively increasing pace as dictated by beeps from the test audio file.

**Goal:** 45

*We truly look forward to seeing you all in August ready to go for a competitive tryout week! We are all VERY excited for the 2022 season!*

*Sincerely, Coaching Staff*

**Please contact us with any questions**

Coach: Jason Conklin **Email:** [conklinj@mahopac.org](mailto:conklinj@mahopac.org)

Coach: Biz Latuso **Email:** [elatuso@acsdny.org](mailto:elatuso@acsdny.org)

Coach: David Popken **Email:** [dpopken@northsalemsschools.org](mailto:dpopken@northsalemsschools.org)

(On Maternity leave) Kelley Hunt: **Email:** [kellyhand219@gmail.com](mailto:kellyhand219@gmail.com)