



FWHS Boys' Soccer 2015

Preseason Schedule

Coaches: Justin Ottavio, Chris Lovelett, Phil Huydic, and Michael Kennedy
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No player shall step on the field without having provided the Athletic Director/ school nurse with a **Doctor's Medical Form**, which can be obtain on Warde's athletic page. Additionally, all student/ athletes must complete the online sports registration process online at <http://fairfieldschools.org/schools/fwhs/warde-athletics/>.

Goals/ Objectives:

Discipline: Grades, Punctuality, Swearing, and Respect for Players and Coaches

Fitness: Both Strength Training and Aerobic fitness is strongly recommended

Expectations:

Be Motivated: Never settle for anything other than your best; have an intense desire to succeed

Be Dedicated: This means not just showing up at practice, but using practice as a means of self and team improvement

Have a "We" Mentality: As a member of the FWHS Soccer Team, you represent yourself and your team.

Fitness Requirements for Varsity Athletes:

Any athlete interested in playing at the varsity level must be able to run two miles in under **12:30**. However, an athlete can also meet the varsity requirement by running two miles twice in under **13:30**, followed by a **6:00** mile. Generally, these fitness assessments are run before or after practice, over a three day period. In addition, athletes must reach a level of 11 on the Beep Test. **Goal keeper** requirements 13:45 two-mile or 14:45 twice and a 9.5 on the Beep Test. Additionally, **all varsity athletes** must be able to complete 35 push-ups as well as 35 sit-ups in one minute respectively. They must also be able to hold a wall-sit for two-minutes.

Any athletes unable to complete the fitness/ strength requirements can still be eligible to make the team, but will not play in a regular-season varsity game until those specific tasks have been accomplished.

Requirements for Junior Varsity Athletes:

Any athlete interested in playing junior varsity soccer must be able to run two miles in under **13:30**. However, an athlete can also meet the junior varsity requirement by running two miles twice in under **14:30**, followed by a **7:00** mile. These running requirements are tested before or after practice over a three day period. Any athletes unable to complete the fitness requirements can still be eligible to make the team, but will not play in a junior varsity game until those specific tasks have been accomplished.

Dates, Locations, and Times:

Important Dates:

August 22-26: Preseason Camp: Sat 8:30 -10:30, Sun 12-2:00, Mon-Wed 8:30-10:30 @ Warde

August 10: Medical form should be given to the AD & Nurse and complete the online registration process

August 27: Tryouts begin: Last year's returning JV & Varsity only: times 8:00-10:00 and 1:30-4:00. Returning freshman & current freshman tryout timeframe: 10:30-12:30

Please see Coaches' Calendar for additional dates and times

Team selection is an ongoing process that begins on 8/27 and can culminate on 8/31 depending upon technical ability.

What to Bring On the First Day of Practice:

- Be certain all of your paperwork has been signed and filled out correctly
- A great attitude and a tenacious desire to work
- Soccer attire: (**Running Sneakers must be brought to all preseason practices**) cleats, shin guards, socks, shorts/ shirts, a soccer ball, and **water**.

General Team Rules:

Attendance Requirement: In order to be recognized as a member of this team, you are expected to be at all practices and games. **Two unexcused absences = Dismissal from the team.**

If you are injured in any way, you must immediately report the injury to your coach and the athletic trainer.

Athletes must take at least 5 subjects and pass 4 to remain academically eligible to compete. Athletes must adhere to all rules and policies established by the Student Handbook and Athletic Handbook.

Transportation to and from away meets will be provided by the school. All athletes must use the bus both to and from the game. If you have a unique circumstance, which requires alternate transportation, you must get written permission (using the official Alternate Transportation Form) IN ADVANCE from the FWHS Athletic Director and from your parents.