



EAST HIGH SCHOOL

A SCHOOL WITH PURPOSE
SINCE 1914

EAST HIGH SCHOOL GIRLS SOCCER

Information for 2017 SEASON

If you are interested in trying out for the East High Girls soccer team for the upcoming season, here is some important information for you to have:

- Summer conditioning will begin June 12. Sessions will be held every Monday, Wednesday, and Friday mornings beginning at 7:30 AM (I know that's early but it's still cool in the mornings). Exceptions are holidays and the week of June 26th when we will be participating in the U of U team match camp (info below). Please bring cleats, shinguards, running shoes, and water.
- U of U Team match camp is the week of June 26th. Games will be held daily Monday-Friday, times TBD. We will have two teams participating and will mix the teams up, mostly by class. Games will be held at Ute Field or the track field. Girls must complete a medical release form prior to participation. Cost is \$75 per player, please make checks out to East High Soccer. This is NOT mandatory so don't stress if you can't do it!
- Tryouts will begin July 31st and run for 3 days. Once tryouts are complete, a list of student athletes who made the team will be posted. From there on the soccer season begins as we have games the following week. I strongly encourage families not to schedule vacations in August as we will be in full swing. Please talk to be individually if there's a problem with that. Prior to tryouts, each participant will need to do the following:
 - Complete the registration on www.registermyathlete.com. This is a pretty self-explanatory process and is mandatory to complete PRIOR to tryouts. Please note there are forms that need to be completed and e-signed as well.
 - Complete and turn in, to Coach Rudy or the trainer, the Form A physical form found on the registermyathlete.com website. PLEASE complete and sign everywhere that it's required, otherwise we have to give the whole form back. The last page is completed by a physician, the previous pages completed and signed by parents and student. Please be diligent in completing the information completely.

- The school website will have this same information on it, along with our disclosure statement which I would encourage you to read.

General Information:

1. We will have several fundraisers to assist girls in making money to pay for swag and St. George trip. Those include obtaining sponsorships, car wash, and the soccer clinic.
2. St George trip is an annual two night trip. We will play a game against Snow Canyon on Aug. 17th and participate in other team building activities. Forms for overnight travel will be distributed in advance of that.
3. We will once again have 3 teams this year. Varsity, JV and sophomore.
4. The soccer program at East is very competitive and as such I encourage girls to play at the club level, practice on their own, and watch soccer in order to improve themselves as players. My experience is that girls who have not played for several years or who choose not to continue playing club soccer struggle to maintain and improve their skills to continue to make the high school team.

Q&A Time.

Thank you for your time.

Coach Rudy Schenk

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