

Tryout Information

Tryouts are one of the most demanding events that we go through each year for the Davidson Girls' Soccer program. It's demanding for the players, coaches, and parents. Over the 7 years that the coaching staff has been together at Davidson we've tried to make the process easier for everyone involved by changing some things and leaving some things untouched. As we go forward this year we have one of the biggest turnover of seniors that we've had in four years. This leaves much up in the air for positions on all three teams and the staff and I look forward to the competition for those who are prepared to step up and meet the demands of being one of the sixteen "player" varsity spots. We had a amazing last few years in the program and are looking for the players that can continue building the tradition that has been set forth by others.

Everyone must remember that any tryout is an imperfect process and mistakes will be made. We try to look at each player individually and find a place in the program that fits her needs to where she can grow as a player and a person. Everything we do is documented and given to each non-varsity member to let them know what they can do to make the next step during the season.

Our program is considered a "cut-sport" by Hilliard Davidson High School. This means that everyone is not guaranteed a spot on one of the three teams. Our philosophy that we have gathered over the years is that we look for the best players that we can put on any of the given teams. This is regardless of age, place in the program last year, and where you will be going to high school the following year (this is a new one for the community with the addition of Hilliard Bradley).

Sample of evaluation:

Players	Trapping avg 6.5	Passing avg. 6.6	Defending avg 6.5	1v1 Skills avg 6.2	Heart/ Aggressiveness avg 7.5	Overall Tec. Ability avg 6.5	Overall Tact. Ability avg 6.6	Attitude avg 8.3	Total Score (Max=80) avg 54.7	Fitness Testing Rank out of 58 players
Doe, Jane	7	7	6.5	6.75	8	7	8	9.5	59.75	4

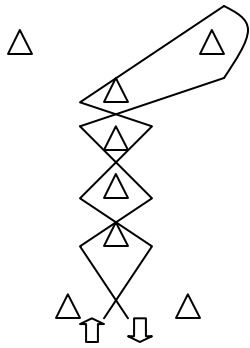
Here are some things to keep in mind about tryouts:

- ✓ Work as hard as you can at everything because when you think none of the staff is noticing what you are doing, they are.
- ✓ The number one way you can impress the coaching staff is your attitude.
- ✓ Everyone is treated the same. The older girls will help get everything organized, but your age and the level at which you played last year means nothing this year. Everyone is starting from the same point.
- ✓ If you don't make the team that you wanted or even felt you deserved don't stop working hard. Our program is set up to reward those who make the best of their situation. Players will shuffle from one team to another all year based on the coaching staff's evaluation. The same goes for the people who do make one team, but quit working hard can be moved down to another team.

***Everyone that is going to tryout must fill out a Tryout Profile Form to tryout, you can find this at:

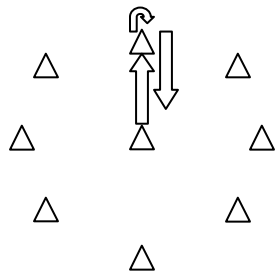
www.DavidsonLadyCatsSoccer.com and go to the Tryout Profile Form

Agility Test I:



Agility Test II:

Wheel Agility Test (Up and around each cone 10 yards from start cone)



Shuttle Recovery Test:

150 yd. Shuttle (Run to each cone, return to start/Cones are set at 5,10,15,20, 25 yds.)

