

Hilliard Davidson Girls' Soccer

Preseason Packet

- ✓ 09' June-August Calendar
- ✓ Tryout Information
 - Playing Tryout Rubric
 - Tryout Fitness Testing
- ✓ Pre-season Activities Sign up form

Hilliard Davidson Girls' 09 Calendar

June 09

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Captain Training this month Captain's will e-mail out and post on-line the schedule for this month.	2	3	4	5	6
7	8	9	10	11	12	13
14	15 Captain's practice 9-11 Soccer field	16	17 Captain's practice 9-11 Soccer field	18	19	20 <u>ALL</u> <u>PAPERWORK</u> <u>DUE</u>
21	22 Captain's practice 9-11 Soccer field	23	24 Captain's practice 9-11 Soccer field	25	26	27

June 2009

Hilliard Davidson Girls' 09 Calendar

July 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29 Captain's practice 9-11 Soccer field	30	1 Captain's practice 9-11 Soccer field	2	3	4
5	6 Captain's practice 9-11 Soccer field	7	8 Captain's practice 9-11 Soccer field	9	10	11
12	13 -Nat'l Showcase Roster training 10:30-12 -Soccer Complex	14	15 -Nat'l Showcase Roster training 10:30-12 -Soccer Complex	16	17 Adidas Nat'l Showcase Strongsville, OH	18 Adidas Nat'l Showcase Strongsville, OH
19 Adidas Nat'l Showcase Strongsville, OH	20 Adidas Team Camp Hilliard, OH Soccer Complex	21 Adidas Team Camp Hilliard, OH Soccer Complex	22 Adidas Team Camp Hilliard, OH Soccer Complex	23 Adidas Team Camp Hilliard, OH Soccer Complex	24 Adidas Team Camp Hilliard, OH Soccer Complex	25 Bexley Invitational Bexley, OH
26 Bexley Invitational Bexley, OH	27	28	29	30	31	

Hilliard Davidson Girls' 09 Calendar

August 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Fitness Week 7-8:30am	4 Fitness Week 7-8:30am	5 Fitness Week 7-8:30am	6 Fitness Week 7-8:30am	7 Fitness Week 7-8:30am	8
9	10 TRYOUTS START 8:30-10am- Fitness 4:00-5:30pm-Play Session	11 8:30-10am- Fitness 4:00-5:30pm-Play Session	12 3:30-5:00pm-Play Date *6:00 Varsity Posted	13 10Am- Team Placement- Davidson HS/Varsity Team Meeting V-Training 3:30-5:00	14 V-9am-10:30amFitness 3:30-5:00 Training	15
16	17 Freshman focus-8-12:45am V-Training 3:30-5:00	18 Freshman focus-8-12:45am -Scrimmage @Bradley -afternoon	19 Freshman focus-8-12:45am V-3:30-5:00	20 V-Fitness 8-9:30 Training 3:30-5:00	21 V-Fitness 8-9:30 Training 3:30-5:00	22
23	24 V-Training 3:30- 5:00pm	25 -First Day of School Training 3:30-5:00	26 Training 3:30-5:00	27 Training 3:30-5:00	28 Training 3:30-5:00	29
30	31 Training 3:30-5:00	1 st Game September 1 st				

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 an 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:

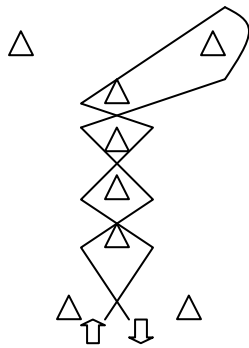
- ✓ Work as hard as you can at everything because when you think none of the staff is noticing what you are doing, they are.
- ✓ The number one way you can impress the coaching staff is your attitude.
- ✓ Everyone is treated the same. The older girls will help get everything organized, but your age and 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

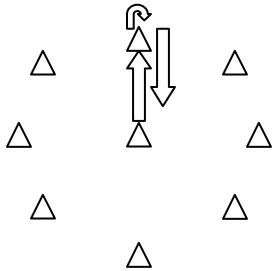
Fitness Testing Details

Agility Test I:



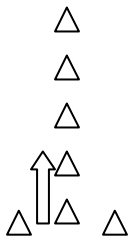
Agility Test II:

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.)



Pre-season Activities 09'

Here are the scheduled pre-season activities. The cost for each activity is listed. Please write the cost of the activity you wish to participate in to the box on the right. Total all costs and send a copy of this page and one check to:

Patty DePaola
4917 Silo Ct
Hilliard, OH 43026
No Refunds after June 30th

Child's Name: _____

<p><u>Bexley Invitational</u> Bexley, OH July 25 & 26, 2009 \$25.00 Returning letter winners and some invites are eligible to participate we will contact the non-letter winners we'd like to invite.</p>		<p>• Adidas National High School Showcase Hotel info: Marriott Courtyard 24901 Country Club Blvd. North Olmsted, OH 44070 (440) 716-9977 or 1-800-321-2211</p> <p>-Please fill out the form on the PreSeason page and get that to Tiffany Weethee to reserve your room by June 15, 2009! -The coaching staff is not responsible to keep track of the girls outside of the games.</p>
<p>Adidas High School Soccer Team Camps Hilliard, OH HOSA Soccer Complex; Scioto Darby Rd. July 20-24/ 9am-1pm \$99.00 Anyone may participate and is encouraged to do so.</p>	+	
<p>Adidas National High School Showcase Strongsville, OH July 17, 18 & 19, 2009 \$30.00 + Hotel Stay (This will be set up by our parents group.) Anyone may participate we will be taking 2 teams-rosters will be limited to 20 on each team.</p>	+	
<p>Davidson Warm-up Shirt and home/away Game Socks Everyone must pay for these. The tees are worn before each game and the socks are the game socks for the season \$25.00</p>	+ \$25.00	
<p>TOTAL</p>		
<p>Check #</p>		

MAKE ALL CHECKS PAYABLE TO: HDVHS Girls' Soccer Parent Group.

Deadline for payment to all activities is June 20th