



Tuscarora High School Girl's Soccer

2009 Tryout Information

FCPS Athletic Forms

1. Physical Forms – Every prospective student-athlete must have a completed physical form signed and dated by both parents and a physician (must be completed after May 31, 2009).
2. Student-Athlete Information Form – This must be completed in its entirety.
3. Authorization to Participate in Interscholastic Athletics Form – This must be completed in its entirety.
4. Student Emergency Information Card – Student emergency contact and other medical information.

Note:

- All forms must be completed correctly, in their entirety, and turned in to Coach Wolcott prior to the beginning of the 1st tryout session on August 15th for a student-athlete to be permitted to participate in tryouts.
- **Please make sure to complete and review each form to make sure they have been completed correctly. Any player who does not complete this process correctly will not be permitted to tryout for the program.**

Tryout Schedule

Varsity Tryout Schedule		
• Saturday, August 15		
○ 7:00-8:00am	2 Mile Run Test	
○ 8:30-10:30am	Tryouts	
○ 6:30-8:30pm	Tryouts	
• Monday, August 17		
○ 7:00-8:00am	Beep Test	
○ 8:30-10:30am	Tryouts	
○ 6:30-8:30pm	Tryouts	

JV Tryout Schedule		
• Saturday, August 16		
○ 7:00-8:00am	2 Mile Run Test	
○ 8:30-10:30am	Tryouts	
○ 4:00-6:00pm	Tryouts	
• Monday, August 18		
○ 7:00-8:00am	Beep Test	
○ 4:00-6:00pm	Tryouts	

Tryout Notes	
•	Players must arrive 15 minutes prior to the scheduled training time
•	9 th -10 th grade students without prior varsity experience will tryout for JV unless asked by the coaching staff to tryout with Varsity
•	Players will meet in the cafeteria at 6:45am on August 15
Items to Bring to Tryouts	
•	Running Shoes
•	Cleats
•	Shinguards
•	All Participation Forms

Contact Information

Titans Soccer Staff
Head Coach
Mark Wolcott
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240-236-6547

Assistant Coach
Greg Chatfield
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JV Coach
Samantha Roos
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