



# Tuscarora High School Girl's Soccer

## 2010 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 on or after June 1, 2010)..
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.

#### Notes:

- All forms must be completed correctly, in their entirety, and turned in to Coach Wolcott prior to the beginning of the 1<sup>st</sup> tryout session on August 14<sup>th</sup> 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.**
- We strongly suggest that packets be turned in by August 11 so that they can be checked and returned if corrections are necessary.

### THS Athletic Forms

1. Tuscarora Soccer Player Interest Form – This must be completed in its entirety and submitted by June 8, 2010 (preferably turned in at the conclusion of the June 2 interest meeting).
2. Summer Fitness Availability Form – Complete and submit by June 8, 2010

### Tryout Schedule

#### Varsity Tryout Schedule

- Saturday, August 14
  - 7:00-8:00am 2 Mile Run Test
  - 8:30-10:30am Tryouts
  - 4:30-6:30pm Tryouts
- Monday, August 16
  - 7:00-8:00am Fitness
  - 8:30-10:30am Tryouts
  - 4:30-6:30pm Tryouts

#### JV Tryout Schedule

- Saturday, August 14
  - 7:00-8:00am 2 Mile Run Test
  - 8:30-10:30pm Tryouts
  - 6:30-8:00pm Tryouts
- Monday, August 16
  - 7:00-8:00am Fitness
  - 6:30-8:00pm Tryouts

#### Tryout Notes

- Players should arrive 15 minutes prior to the scheduled training time
- 9<sup>th</sup>-10<sup>th</sup> grade students without prior varsity experience will tryout for JV unless asked by the coaching staff to tryout with Varsity
- Players should meet in the cafeteria at 6:45am on August 14

#### Items to Bring to Tryouts

- Running Shoes
- Cleats
- Shinguards
- **All Participation Forms**

### Contact Information

Head Coach  
Mark Wolcott  
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240-236-6547