

**Tryouts for 2023 season will begin on MONDAY, MARCH 27TH.**

All sessions will take place at Eau Claire Memorial High School on the Varsity Field unless otherwise specified or due to weather conditions.

Bring cleats and guards and be ON TIME and ready to go. **Athletes must attend ALL try out sessions in order to be considered for placement on a team.**

Be ready to play and have fun!

Players will be assessed based on the following criteria:

- **Tactical Knowledge** – we will look at how the player understands space, movement, and placement offensively and defensively. They must know where they need to be along with where their teammates should be.
- **Technical** – We will be looking at the player's ability to perform the footwork necessary for soccer in competitive situations.
- **Physical Condition/Preparation** – This year fitness testing will include the following:
  1. PACER (beep) test for cardiovascular endurance (goal is over 90).
  2. Front Squat (3 rep max)
  3. Clean (3 rep max)
  4. Bench (3 rep max)
  5. Pro-agility: On the signal 'Go' the player turns and runs five yards to the right side and touches the line with her right hand. She then runs 10 yards to her left and touches the other line with her left hand, then finally turns and finishes by running back through the start/finish line. The player is required to touch the line at each turn.
  6. 40-yard sprint

**Schedule Access and Family Communication:**

rSchool: <https://bigriversconference.org/public/genie/76/school/4/>

Shutterfly account: <https://ecmemorialgirlssoccervarsity.shutterfly.com/#>