

2022 Tryout Protocol

Varsity

Head coach- Scott LaMora- lamorasc@egcsd.org

Asst coach- Claire Chouinard- chouinardcl@egcsd.org

Junior Varsity

Head coach- Melanie Schmitt schmittme@egcsd.org

 *You will be cleared for tryouts through the use of the FamilyID site.* 

Date	Time	Location
Monday, August 22nd	8am-12pm	Soccer field behind CHS
Tuesday, August 23rd	8am-12pm	Soccer field behind CHS
Wednesday, August 24th	8am-12pm	Soccer field behind CHS
Thursday, August 25th	8am-12pm	Soccer field behind CHS
Friday, August 26th	8am-12pm	Soccer field behind CHS
Saturday, August 27th	8:00-10:00 am	Soccer field behind CHS

At tryouts, athletes will be prepared to:

- Run a timed 2 miles. Must run the entire thing- no walking
- Sprint a timed 35-yard dash.
- Showcase their best soccer skills, leadership, sportsmanship, and teamwork.

Please bring:

- Water
- Snack - we will have a break each day. Make sure you have something to eat with you.
- 1 white/1 dark colored t-shirt (for scrimmaging) soccer equipment (shin guards, turf shoes, cleats, running shoes, etc.)

Weight Room: July 5th - August 12th

Monday and Wednesday 9am-10am Girls Soccer Time Slot

Open Field Time: TBD (will post on google classroom)

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Please join **Google Classroom** using the code **6hpzklk**

We will be posting updates on the google classroom throughout the summer.

Please join **Remind** using the class code **@chs962**

We will send reminds as needed throughout the summer and the season.

If you have any questions please contact us at the email addresses above.