

## Captain Contact Info:

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In Western Mass, there are 3 divisions for girls soccer: D1, D3 and D4. We are a Division 1 team. Within Division 1, there are 3 leagues. We are in Kurty-Fielding, and have won our league for the past 3 years (wooooooo). We are hoping to be league champs again this year. Leagues are in place to help teams qualify for the postseason tournament. There are two ways to qualify for post-season: be first or second in your league, or go over .500 (win at least half of your games). We've been fairly successful against Coombs league teams (the top league) in the last three years. We believe that with our strong returning class and new class coming in, we will be equipped to dominate many of the Coombs teams. Our program has been on the rise for the past three years, and you guys will be valuable assets that will allow us to be strong contenders for a Western Mass Championship.

### League Structure:

Coombs: West Springfield, Ludlow, Minnechaug, Belchertown, East Longmeadow

Kurty-Fielding: Northampton, Chicopee Comp, Longmeadow, Westfield, Agawam

Central: Holyoke, Amherst, Chicopee, Pope Francis, Central

These are the leagues as of last season, they may have been reordered/changed up.

We generally play a 20ish game season. Regular season games start in early September and end at the end of October. We usually have 2 games a week, sometimes 3, but that is uncommon. JV and Varsity play at the same time, except at night games, where JV plays before Varsity. Every game day we do SPIRIT which is when you wear a crazy/fun outfit to school that matches with everyone else in the program. Some spirits we will probably do this year are Avatar, blackout, whiteout, uniforms, etc. This year, we'll be doing some coordinating spirits with other teams like field hockey. We will be predetermining all of the spirits during preseason, so we're going to be looking for people to give us some ideas! Spirit is great because we get to take lots of pictures together and it lets everybody know we have a game that day. We have also ordered some really nice shirts for everyone in the program to wear for the summer season/spirits in the fall - so that's just another thing to look forward to!

We practice every day after school, sometimes Sundays if we have a Monday game. This seems like a lot, but you adjust fairly quickly. When games start, we usually only end up having 3 practices a week (and 2 games). This summer we will be holding captains practices 3-4 times a week in addition to

summer league games. These practices won't be super hard; they're more about getting to know each other and getting some touches on the soccer ball. These will consist of both technical work (juggling, volleys, etc.), small sided scrimmages, and fun games!!! In addition to these, we will be doing conditioning sessions with workouts from Coach V's summer packet, so if you want to come do the workout with a group, you can. We know that everybody has busy schedules, but it's REALLY important that you do the workouts she provides. Also, take care of yourselves. It's crucial that you come to preseason fit, HEALTHY, and ready to play your best soccer.

Tryouts themselves are fairly simple. They usually last for 2 days (3 sessions) and have both fitness and tactical sessions. Before each tryout, there will be a fitness test of some sort. We will be doing both a sprinting test and an endurance run. There's no need to worry about these tests, as long as you do the workouts Coach provides you'll be fine. Coaches aren't looking for one particular thing at tryouts. Depending on what positions we are looking to find people to play, they may look for different skills. Also, it's extremely important that you're able to mesh with the girls you're playing with. We're trying to establish a program where everyone can have fun and not feel intimidated or scared to be playing with particular people. We know that it may be scary coming in as a freshman; that's completely understandable and expected. We'll do our best to help you find your way as a new member of our school and team.

This year, before the season starts, we are going to have Breakfast Club with Coach Biggs and the field hockey program. This is a workout/fitness session every morning from August 21-29. After the first Breakfast Club (AUG 21) we will be having a program meeting where we will discuss tryouts and answer any questions anyone might have about what is to come. It's really important that you attend breakfast club, it's your last chance to get fitness in and it's really our first team event that we will all be doing together. It will continue through preseason, and will serve as our conditioning for the day (we will not be doing much fitness at training). This is extremely beneficial, as we won't need to use any of our valuable practice time on conditioning, and can focus on tactical and technical stuff instead of fitness.

We are so excited for this season! We hope you are too! Please reference the attached calendar for the schedule for Captain's Practices. See you this summer!

NHS GIRLS SOCCER 2017 PRESEASON CALENDER

# JUNE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16 SUMMER SOCCER 6:30 PM @ FLORENCE	17
18	19 SUMMER SOCCER 6:30 @ FLORENCE	20	21 SUMMER SOCCER 6:30 @ FLORENCE	22	23	24
25	26 SUMMER SOCCER 6:30 @ FLORENCE	27	28	29 CAPTAIN'S PRACTICE 5:30 @ FLORENCE	30 SUMMER SOCCER 6:30 @ CENTRAL HS (JV GRASS FIELD)	
<p><b>Notes:</b>                      -BRING A BALL TO ALL CAPTAIN'S PRACTICES AND SUMMER SOCCER GAMES!                      -DO THE SUMMER WORKOUTS EVERY DAY!</p>						

NHS GIRLS SOCCER 2017 PRESEASON CALENDER

# JULY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6 CAPTAIN'S PRACTICE 5:30 @ FLORENCE	7	8 CAPTAIN'S PRACTICE 9:00 AM @ FLORENCE
9	10 SUMMER SOCCER 6:30 @ FLORENCE	11	12	13 CAPTAIN'S PRACTICE 5:30 @ FLORENCE	14 SUMMER SOCCER 6:30 @ JABISH BROOK (BELCHERTOWN)	15
16	17	18 SUMMER SOCCER 6:30 @ FLORENCE	19 SUMMER SOCCER 7:45 @ E. LONGMEADOW (HS TURF FIELD)	20	21	22 CAPTAINS PRACTICE 9:00 AM @ FLORENCE
23	24 SUMMER SOCCER 6:30 @ FLORENCE	25	26	27 CAPTAIN'S PRACTICE 5:30 @ FLORENCE	28 SUMMER SOCCER 6:30 @ WOLFSWAMP (LONGMEADOW)	29
30	31	<b>Notes:</b> -BRING A BALL TO ALL CAPTAIN'S PRACTICES AND SUMMER SOCCER GAMES! -DO THE SUMMER WORKOUTS EVERY DAY!				

NHS GIRLS SOCCER 2017 PRESEASON CALENDER

# AUGUST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
	SUMMER SOCCER PLAYOFFS-CAPTAIN'S PRACTICES COULD BE CHANGED DEPENDING ON WHEN THE GAME/S ARE SCHEDULED					
				CAPTAIN'S PRACTICE 5:30 @ FLORENCE		CAPTAIN'S PRACTICE 9:00 AM @ FLORENCE
6	7	8	9	10	11	12
		CAPTAIN'S PRACTICE 5:30 @ FLORENCE		CAPTAIN'S PRACTICE 5:30 @ FLORENCE		CAPTAIN'S PRACTICE 9:00 AM @ FLORENCE
13	14	15	16	17	18	19
		CAPTAIN'S PRACTICE 5:30 @ FLORENCE		CAPTAIN'S PRACTICE 5:30 @ FLORENCE		CAPTAIN'S PRACTICE 9:00 AM @ FLORENCE
20	21	22	23	24	25	26
	BIG DAY!! BREAKFAST CLUB W BIGGS 7:30 AM @ NHS PRE TRYOUT PROGRAM MEETING W CAPS AFTER BC	BREAKFAST CLUB W BIGGS 7:30 AM @ NHS	BREAKFAST CLUB W BIGGS 7:30 AM @ NHS	BIG DAY!!! BREAKFAST CLUB W BIGGS 7:30 AM @ NHS 1ST DAY OF SEASON! TRYOUT #1	BREAKFAST CLUB W BIGGS 7:30 AM @ NHS TRYOUT #2	DOUBLE TRAINING SESSIONS
27	28	29	30	31		
DOUBLE TRAINING SESSIONS	BREAKFAST CLUB W BIGGS 7:30 AM @ NHS SCRIMMAGE/TRAINING	BREAKFAST CLUB W BIGGS 7:30 AM @ NHS	BREAKFAST CLUB W BIGGS 7:30 AM @ NHS TRAINING	1ST DAY OF SCHOOL TRAINING		
	<b>Notes:</b> -BRING A BALL TO ALL CAPTAIN'S PRACTICES AND SUMMER SOCCER GAMES! -DO THE SUMMER WORKOUTS EVERY DAY!					