

August 4, 2020

EPHS Soccer Players and Families,

Today the Minnesota State High School League announced plans to move forward with the boys fall soccer season for 2020. This is exciting news, but it also comes with some challenges; know that student/player safety is always our #1 concern. The season will probably look different than it has in the past, and we ask for your flexibility and assistance as we approach this unique opportunity. The following is information regarding soccer this fall.

Registration should be open online through EPHS Activities this week; **you need to be registered to tryout**. There is a new system for paying fees this year, so families will need to sign up for that in order to register. Any questions about registration, please call 952-975-8100.

Physical – all athletes need a physical on file with Eden Prairie Schools in order to register.

Tryouts are the week of August 17, from 10:00am-12:00pm, and 6:00pm-8:00pm(two-a-days) at the high school that first week. We have four teams (Varsity, JV, B-Squad, 9th grade). We try to keep as many players in our program as possible, but there will most likely be cuts made. (Note: the only team a senior can play on is varsity.) For tryouts all players will need:

- A mask/gator
- Your equipment (shoes, shin guards, etc.)
- A white and dark jersey
- Water
- A properly inflated soccer ball

Practice times after the first week will be determined by the players' coach. (Most likely Varsity, JV, and B-Squad will practice in the afternoon – 3-5pm? – the week of August 24-28; 9th grade team will probably practice in the morning that week. Once school starts all practices will be after school.)

Fitness Test – We've asked that our players, especially those that plan on competing for a Varsity position, report to tryouts in excellent shape this year. Our rationale is that we want to spend time and energy on technical and tactical aspects of the game, not on conditioning. Also, once we start games, it's very difficult to condition when you have games nearly every other day. To that end we will have a **Fitness Test** on Wednesday, August 19, during tryout week. Most players know, but the test is:

- 80 yard sprint – completed in 14 seconds – return jog 80 yards to the beginning in 26 seconds - 1 set in 40 seconds. We would expect a varsity player to be able to do 12-15 sets.

We are excited about this upcoming season and look forward to working with you.

Coach St. Clair and Coach Williams
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