



Highlands Girls Soccer



Player/Parent Informational Meeting
May 31th, 2018

Introductions

Varsity Head Coach – Alex Dean

- Email: hhsgirlsscr@gmail.com
- Cell phone: 859-992-2976

Varsity Assistant Coach – Nina Kearns and Joe Dean

JV Head Coach – Olivia Huber

Freshman Head Coach – TBD

Calendar

Summer Fitness Plan is a separate handout

Summer Conditioning

- Start Thursday, June 7th
- 8:30am – 10:00am on Mondays
- 7:00am-8:30am on Tuesdays and Thursdays
- Physicals must be submitted, and current, in order to participate.
- Attendance is optional. There is no need to let coaches know if you are unable to attend.
- Each player is responsible for bringing her own water and soccer ball.
- Each player should bring normal soccer gear (cleats, shinguards, etc.) and flat-soled shoes in case we run on the track or through town.
- Players will not be allowed to wear shirts from club soccer teams nor other schools in the state/area. Players need to wear white or light gray shirts.

KHSAA Dead Period

- Monday, June 25th through Monday, July 9th
- “Dead means dead” – no use of school facilities, no contact with coaches, etc.
- Summer Fitness Plan falls exclusively on the player during this window of time.

Tryouts

- Tryouts begin in the morning on Monday, July 16th and are mandatory.
- All paperwork must be submitted, and current, in order to try out.
- Like summer conditioning, each player needs to bring her own water, soccer ball, flat-soled shoes, normal soccer gear, and wear white or light gray shirts. Shirts should not include club team names/logos nor other schools in the state/area.
- Tryouts will largely consist of fitness testing and playing small-sided and full-sided games. Fitness tests could include running such as the beep test and up to a 2-mile timed run.

Technology

Email List

- If you are not already receiving the team emails, sign up by going to <https://goo.gl/forms/vZird1eG17dyBxHw2>

Twitter

- Follow us at @hhsgirlsscr

Remind

- Text @gkdhda to 81010.
- <https://www.remind.com?join/gkdhda>

Paperwork

Pages 1-2 of KHSAA Physical Form

- Pages 1-2 need to be completed once each school year. It is not required to attend summer conditioning, but should be submitted before tryouts.

Pages 3-4 of KHSAA Physical Form

- Pages 3-4 need to be completed by a medical professional. A current (completed within the past 13 months) physical needs to be on file in order to participate in summer conditioning, tryouts, and throughout the season.

St. Elizabeth Medical Form

- This form is not technically required. However, our athletic trainer, Tracy Coffman, and her staff cannot treat you without a new one on file. It is strongly encouraged that you submit a new one of these before summer conditioning.