

# La Cueva Women's Soccer Tryouts 2023

## Tryouts

**August 14th -16th at La Cueva. Sessions will be held at LCHS baseball field.**

Monday August 14th -- 2 laps around Academy Hills Park,—Times TBA  
Players have to run the 2 miles in 15min. Any time after 21min, will be looked at closely to being cut. (this date my change)

**\*\* What to bring for Tryouts\*\***

1. Ball
2. Soccer Shoes
3. Water
4. Blue and white shirts - NO tank tops!!!!
5. Sunscreen
6. Any other equipment needed.

**\*\* What will take place at tryouts\*\***

1. 2 mile run (Monday)
2. Skills
3. 5v5
4. Full Field
5. sprints
6. push- ups and sit-ups

## Team Camp

**July 31st - Aug 3rd** Sign up for Team Camp by printing and mailing in your Team Camp Registration Form, found on our website.

**Physicals** must be completed and uploaded to Dragonfly.com. Info on how to use Dragonfly can be found on LC Athletics webpage and on our website. (camp registration is on the LCHS web site, under camp info)

## Open Field Practice Sessions

Check the web site for dates/times. They will be posted at a later date.

## Coaches

Varsity- Amber Ashcraft cell 250 6043  
Kaeleigh Loveland  
JV- Jocelyn Jones  
Damian Platania  
C Team- Shanna Healey  
Bailey Green

Our Web site is [www.lacuevawomenssoccer.com](http://www.lacuevawomenssoccer.com) We also have a facebook page, just "like" La Cueva Women's Soccer, and there will be updates on that page as well.

If you have any questions, email us at [lacuevawomenssoccer@gmail.com](mailto:lacuevawomenssoccer@gmail.com)

### Soccer Habits to Have.....

1. Promptness, please be on time. Do not be tardy.
2. Respect, show respect to your coaches, to other players, and to the school.
3. Remember this is not about you, but about a team. (program)
4. Hard work, show us you want to be here. (hustle)
5. Sportsmanship.
6. Listen... do not talk when the coaches are... pay attention.
7. Clean up... do not leave to field until everything is picked up and clean.
8. Commitment, show the Coaches you are committed to the program
9. LOVE for this school and the Game
- 10. Are you Coachable????**

### Soccer Habits NOT to Have.....

1. Disrespect.. Show us you want to be here.
2. Temper... Do not argue with coaches or teammates or ignore the coach.
3. Being Tardy... if you cannot be on time, it shows us you cannot manage your time wisely.
4. Laziness... Do not be just a game player, come to practice ready to work. If you do not practice like you play, you **will not** play.
5. Selfishness... it's a team sport; success has everything to do with teamwork. We do not want players who think it's only about them.