



# 2021-22 WOMEN'S TRYOUTS

## WHERE EXCELLENCE IS A HABIT

Since 1986, La Cueva High School's Women's Soccer Program has earned:

- 23 District Championships
- 31 NM State Semi-Final Appearances
- 24 NM State Final Appearances
- 16 NM State Championships

Head Coach Amber Ashcraft's overall head coaching record is **421-74-7**, ranking in the Top Ten State women's high school coaches in history.



@LCHSBearsSoccer



La Cueva Womens Soccer



<https://lacuevawomenssoccer.com/>

## EVENT

## DATE

## LOCATION

<b>OPEN FIELD</b>	<b>TBD</b> —Check <a href="http://www.lacueva.aps.edu">www.lacueva.aps.edu</a> and click on the GIRLS SOCCER website.	La Cueva High School
<b>TEAM CAMP</b> <ul style="list-style-type: none"> <li>• <b>PHYSICALS</b> due to the LC Athletic Trainer ("Doc") over the summer.</li> <li>• Camp registration is on the LC website under "Camp Info".</li> </ul>	<b>July 26-29, 2021</b>	La Cueva High School
<b>TRYOUTS</b> <ul style="list-style-type: none"> <li>• 2 mile timed run (Monday—see below)</li> <li>• Skills</li> <li>• 5v5</li> <li>• Full Field</li> <li>• Sprints (Beep Test, Yoyo Fitness Test)</li> <li>• Push-ups &amp; Sit-ups</li> </ul>	<b>Week of August 9, 2021</b>	La Cueva High School (Baseball Field)  <b>WHAT TO BRING:</b> <ul style="list-style-type: none"> <li>• Ball</li> <li>• Soccer cleats</li> <li>• Water</li> <li>• Blue &amp; White Shirts *NO TANK TOPS!!!</li> <li>• Sunscreen</li> <li>• Any other equipment needed</li> </ul>
<b>TIMED RUN</b> Players must run 2 miles (two laps around park) in 15 minutes. Any time after 21 minutes will be closely looked at being cut.	<b>August 9, 2021</b>	Academy Hills Park

### VARSITY COACHES

**Amber Ashcraft** 505.250.6043 (cell)  
Kaeleigh Loveland

### JV COACHES

Jocelyn Jones  
Damian Platania

### C-TEAM COACHES

Jayde Talbot  
Shanna Healey



# 2021-22 WOMEN'S TRYOUTS

WHAT COACHES ARE LOOKING FOR

## SOCCER HABITS TO HAVE...

1. **PROMPTNESS.** Be on time.
2. **RESPECT.** Show respect to your coaches, other players, and to the school.
3. **TEAM FIRST.** Remember: this is not about you, but about the team (program).
4. **HARD WORK.** Show us you want to be here.
5. **SPORTSMANSHIP.**
6. **LISTEN.** Do not talk when coaches are speaking. Pay attention.
7. **CLEAN UP.** Do not leave the 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 TO NOT HAVE...

1. **DISRESPECT.** Show us you want to be here.
2. **TEMPER.** Do not argue with coaches or teammates. Do not ignore the coach.
3. **TARDINESS.** 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, and success has everything to do with teamwork. We do not want players who think it's only about them.

