



2020-21 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 **419-74-4**, ranking in the Top Ten State women's high school coaches in history.



@LCHSBearsSoccer



La Cueva Womens Soccer



<https://lacuevawomenssoccer.com/>

EVENT	DATE	LOCATION
OPEN FIELD	TBD —Check www.lacueva.aps.edu and click on the GIRLS SOCCER website.	La Cueva High School
TEAM CAMP <ul style="list-style-type: none">• PHYSICALS due to the LC Athletic Trainer ("Doc") over the summer.• Camp registration is on the LC website under "Camp Info".	July 27-31, 2020	La Cueva High School
TRYOUTS <ul style="list-style-type: none">• 2 mile timed run (Monday—see below)• Skills• 5v5• Full Field• Sprints (Beep Test, Yoyo Fitness Test)• Push-ups & Sit-ups	August 10-14, 2020	La Cueva High School (Baseball Field) <u>WHAT TO BRING:</u> <ul style="list-style-type: none">• Ball• Soccer cleats• Water• Blue & White Shirts *NO TANK TOPS!!!• Sunscreen• Any other equipment needed
TIMED RUN Players must run 2 miles (two laps around park) in 15 minutes. Any time after 21 minutes will be closely looked at being cut.	August 10, 2020	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



2020-21 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.



@LCHSBearsSoccer



La Cueva Womens Soccer



<https://lacuevawomenssoccer.com/>