

Important Dates and Information

- **June 1, 2021-** All players must have a physical and have filled out all documents in Rank One. Participation in summer events is not allowed without this being completed.
- **June 7, 2021-** Strength and Conditioning and Skills begin (see schedule)
- **August 11, 2021-** School Starts- All athletes should be enrolled in the athletic period unless they are in another sport with an earlier start date.
- **November 29- December 1, 2021:** Tryouts- all players are required to attend tryouts. Please plan for practice every day after school beginning December 2. We will no longer take Wednesdays off, but we will have a shorter practice time to allow for appointments and such to be made.
- **December 18-28, 2021-** there will be no practice. Please enjoy the holidays with your family.
- **December 29:** Practice 9:00-11:00
- **December 30:** Tri Scrimmage at Gosling Sports Park/Bear Branch
- **January 3:** Game Varsity/Navy
- **March 11th:** Game
- **March 16th and 17th-** Mandatory Spring Break practice (16th Varsity only)
- **March 18th:** Spring Break Game v The Woodlands (All teams)
- **March 25, 2021-** Playoffs begin- Our goal is to play soccer in April- please plan accordingly

Rank One



CISD has moved to a new sports management system. You may follow the QR code to the left to fill out the necessary forms. If your athlete did not have a physical done on physical day, you will need to have one completed and uploaded in Rank One before your child can participate in Strength and Conditioning camp or summer skills. The remaining forms are very straight forward and took less than 10 minutes to

complete.

Strength and Conditioning Camp



Please use the link to the left to register your athlete for strength and conditioning camp. The expectation is that all athletes participate when they are in town. If you will be out of town all summer or have other questions, please see Coach Cook.



Summer Workout Packet

This is a tool that can be used when you are out of town or if you will be away for an extended period of time. This will be updated as new drills or information become available.

Soccer Season Overview

High School soccer season begins the Monday after Thanksgiving, and ends for junior varsity at the end of spring break. The varsity season can last as long as mid April. Once the season gets into full swing in January, players can expect to practice Monday, Wednesday, and Thursday, and play games Tuesday and Friday. This is a busy schedule, but it will help your athlete learn important time management skills. Practices are mandatory, and there is a practice make up required for any practice missed. Coaches should be notified ahead of time, and it is important to schedule all routine appointments outside of practice time. Players will travel together to games. All players will ride to and from the game on the bus with their team. There are no exceptions. Players are expected to be in the stands and work during home games. Varsity players arrive prior to the first game of the day, and all players are released at the end of the varsity game.

Players must adhere to the dress code. Players may not have hair of an unnatural color, facial piercings, or visible tattoos. Any summer hair colors should be of natural color by the time school starts August 11th. Earrings of all types must be removed before games, so please keep this in mind. Players are not allowed to cover piercings with tape to play, so soccer season is not the time to add a second hole or cartilage piercing.