

## **SBA GIRLS SOCCER—Fall 2009**

**Website: [www.sbasoccer.org](http://www.sbasoccer.org)**

**PHYSICALS AND ATHLETIC FEES:** *All athletes must have SBA/TSSAA physical form on file with the school athletic office in order to participate, or even tryout for any sport team at St. Benedict at Auburndale H.S.. This form is available from the school, the ‘athletic office’, and on line. If you have already done a physical for school, and it is not the TSSAA/SBA physical form, you must get this form filled out and have it signed by your approving physician.*

*SBA has a “Sport Participation Fee” of \$75 for each sport...plus team ‘fees’ for costs.*

**TRYOUTS:** May 26, 27, 28 from 3:30-5:30 You need to be at 2 sessions. Make-up day will be June 1<sup>st</sup> 3:30-5:30. Please contact Coach Watson if there is a conflict.

**All new, incoming student-athletes:** ... Our girl’s soccer program is *highly* competitive...most playing year round between ‘club’ soccer teams and the High School soccer team. Ball skills and game intelligence a must. We offer a JV and a Varsity team program and schedule. We try to schedule 10 or so games for the Junior Varsity players; and around 16 games for the Varsity players, which include some out of town games. Please understand the commitment you and your family make when you play High School Athletics. *Family time* is interrupted, and you must manage your time around your sport schedule. Part-time jobs are very difficult to handle, especially if you have an uncooperative supervisor. Participation in other school activities/clubs is encouraged at SBA. But, please know that you must figure out how to limit these activities around your homework and sport commitments.

**SUMMER CAMP:** We will be leaving for camp at Appalachian State University in Boone, NC just before midnight on July 24<sup>th</sup> and returning July 29<sup>th</sup>. Practice will resume for the regular season when we return and will be from 3:30-5:30 Monday-Friday. We attend this camp every year because in this environment we (you) can train more than 8 hours a day with outstanding coaches and great weather, opposed to 3-4 hours a day in the Memphis area heat! **Plan your summer vacation calendar accordingly!** Camp is for ALL members of the SBA Girls Soccer Team. The camp fee, including bus transportation, is approximately \$500. Start saving...

**OFF-SEASON TRAINING:** See Handout for training program. Contact Coach Watson with any questions. Practice to get ready for camp will start July 13<sup>th</sup> and will be from 5:30-7:30. There will be no weekend practices.

**SBA Girls Head Coach:**

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**SBA Girls Assistant Coach:**

*Jack Schenkel, Email: [schenkelj@sbaeagles.com](mailto:schenkelj@sbaeagles.com), Phone-- gym: 260-2885*

**SBA Girls Assistant Coach:**

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