PLAYER AND PARENT MEETING
SUNDAY, FEBRUARY 25TH
5:00 - 6:00 PM IN SCHS - HECKART PAC

PLAYERS:
Scan the QR to access our Preseason Player Survey
Please complete this survey by SUNDAY, FEBRUARY 25TH!!

QR Code not working? Here is the link:

bit.ly/23-24Preseason

CONTACT INFORMATION

Meredith Brick - Head Coach
660.973.4281 / brickm@sedalia200.org

COMMUNICATION

Communication for rookies:
- **FACEBOOK:** Smith-Cotton Lady Tiger Soccer
- **TWITTER:** @SC_LadyTSoccer
- **CANVAS** (communication for current veterans)
  - Primary source of communication for the entire program after tryouts.
  - Parents can act as observers to access all documents and announcements.
PLAYER ELIGIBILITY REQUIREMENTS

CHECKLIST - To be turned in BEFORE Monday, February 26th
- Completed and current physical (PPE and PPD forms) on file in SCHS athletic office
- Smith-Cotton Athletics Handbook Agreement For Participation*
- Private Transportation Agreement Form*
*ONLINE: sedalia200.org > Athletics Tab > Athletics/Activity Director > Athletics/Activity Handbook > pg 26-27

ACADEMIC: Students must be enrolled and attending at least six classes and receive 3.0 units of credit. High School eligibility for MSHSAA is also based on earning 3.0 credits the previous semester (fall 2023).

PHYSICAL FORMS*:
- Doctor’s portion of physical (PPE form) is for 2 years.
- Insurance and medical history portion (PPD) of the physical is good for 1 year.
- Players who do not have their physical turned in will not be able to participate.
*ONLINE: https://www.sedalia200.org/domain/60 > Quick Links on right side > + Physicals

SMITH-COTTON ATHLETICS:
- Players need to sign and turn in the Smith-Cotton Athletics Handbook back page (if this is your first sport of the 2023-2024 school year) to coaching staff by Monday, February 26th. ONLINE: sedalia200.org > Athletics Tab > Athletics/Activity Director > Athletics/Activity Handbook

TRAINING ESSENTIALS
- Best Effort & Attitude
- Shin Guards
- Cleats AND tennis shoes
- Attire for all weather conditions - bring layers!
- Water bottle
*NO JEWELRY* / **Smart watches allowed for training, but NOT ALLOWED during games**

TRYOUTS
Tryouts will be Monday, February 26th through Tuesday, February 27th.**

**winter/multi-sport athletes will have an evaluation period on their first three days of practice

Players will be notified if they have team roster by Wednesday, February 28th (or third day of evaluation for winter/multi-sport athletes)
Players will be evaluated on:

<table>
<thead>
<tr>
<th>Physical ability</th>
<th>Technical ability</th>
<th>Tactical awareness</th>
<th>Mental toughness</th>
<th>Decision making</th>
</tr>
</thead>
</table>

Fitness tests will include a 1 Mile Time Trial and Endurance Beep Test.

**1 mile** - Varsity 7:30 time / JV 8:30 time
15 touches on full length soccer field (down and back = 2 touches)

**Beep test** - Varsity at least level 9 for the Beep Test / JV level 7

<table>
<thead>
<tr>
<th>Beep Test Level</th>
<th># of touches</th>
<th>Total Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level 1</td>
<td>7</td>
<td>1:03</td>
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<tr>
<td>Level 2</td>
<td>15</td>
<td>2:10</td>
</tr>
<tr>
<td>Level 3</td>
<td>23</td>
<td>3:14</td>
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<td>Level 4</td>
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<td>5:34</td>
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<tr>
<td>Level 6</td>
<td>51</td>
<td>6:43</td>
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</table>

<table>
<thead>
<tr>
<th>Beep Test Level</th>
<th># of touches</th>
<th>Total Time</th>
</tr>
</thead>
<tbody>
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<tr>
<td>Level 8</td>
<td>72</td>
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<td>Level 9</td>
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<td>Level 10</td>
<td>94</td>
<td>11:00</td>
</tr>
<tr>
<td>Level 11</td>
<td>106</td>
<td>12:01</td>
</tr>
<tr>
<td>Level 12</td>
<td>118</td>
<td>13:05</td>
</tr>
</tbody>
</table>

COMMUNITY OUTREACH OPPORTUNITY

TOP SOCCER is a program that serves athletes with disabilities learn and enjoy the game of soccer.

- This program is FREE to participants and always will be - thanks to community volunteers.
- All sessions are held at the Liberty Convention Hall in Sedalia.
- Volunteers can use this as service hours for A+, NHS or other organizations. This is a great way to build your volunteering experience to include on your resume and scholarship applications.

**If you are able to volunteer, please email** brickm@sedalia200.org

<table>
<thead>
<tr>
<th>Saturday, February 10th</th>
<th>Saturday, February 17th</th>
<th>Saturday, February 24th</th>
<th>Saturday, March 2nd</th>
</tr>
</thead>
<tbody>
<tr>
<td>11:00am-12:00pm</td>
<td>11:00am-12:00pm</td>
<td>11:00am-12:00pm</td>
<td>11:00am-12:00pm</td>
</tr>
</tbody>
</table>

SCHEDULE

*With the spring weather, games and practice times/locations are subject to change at any time.* Players have been provided the schedule for the first month of practice.

**ADVERSE WEATHER TRAINING LOCATION:** Our alternative training location will be the SCJH Main Gym - unless otherwise specified.