

<https://boyertownathletics.com/main/otherad/contentID/52801313>

Spring 2021

Dear East Boys' soccer candidate,

The East soccer season is rapidly approaching, and I am very excited about our upcoming season. Enjoy those summer tournaments, camps, and plan to arrive in August in your best physical condition.

Physical exams are required for all soccer candidates. Candidates should submit all forms found here: <https://www.boyertownasd.org/Page/1284>

The forms are due for MS sports by Monday, August 2<sup>nd</sup>. Everything is now done electronically.

**Reminder:** No athlete may begin practice without a physical card signed and dated after June 1<sup>st</sup>, 2021.

Be sure to get all of your forms in by MONDAY August 2<sup>nd</sup>.

**Tryouts will begin Monday, August 23rd, the first day of school. The tryouts will begin on Monday and continue through Thursday. The dates for this include August 23rd through August 26th and will be held at East, from 3:00-4:45pm. Our 5<sup>th</sup> day of tryouts, if needed, would be Monday August 30<sup>th</sup>. Please be picked up promptly. Be sure to bring all of your equipment (cleats, shin guards, socks etc.) and your water with you. DO NOT BRING A BALL. We will meet at the locker room before going up to the field. (Please note – this may change due to any Covid regulations.) In the event that any of these dates are affected, please check the more tab – soccer – on my website: <https://sites.google.com/student.boyertownasd.org/hagmann/home>**

**Note: After the conclusion of the tryout sessions, practice will be held for those players who make a squad. Practice will be held immediately after school until 4:45pm unless notified otherwise.**

In order to improve your chances of making a squad, I encourage all of you to begin a physical conditioning program this summer. Good conditioning activities are jogging, bicycling, and swimming, etc. These activities are most effective when done at least 15-30 minutes per day. Try choosing one activity each day to work on different muscle groups. **All players should work with the soccer ball at least three to five times a week.** The coaching staff hopes you have a restful and enjoyable summer, but come prepared to work.

Sincerely,

John R. Hagmann                      [jhagmann@boyertownasd.org](mailto:jhagmann@boyertownasd.org)   OR   [hagmann@comcast.net](mailto:hagmann@comcast.net)

East Soccer Coach

<https://sites.google.com/student.boyertownasd.org/hagmann/home> (Use this website for questions.