



Riverside Women's Soccer Tryouts 2018 Player Information

Players are asked to report to/ sign-in 30 minutes prior to the start of tryouts.

Players will be given a numbered be placed on their shorts (Black or Blue) and visible, Player will wear white Plain T-shirt. Additional Items to bring: indoor shoes, shin guards, water bottle, and inhaler if the athlete use one. Also, bring clothing for the weather.

Welcome / Registration:

As players arrive, they are instructed to check in and get warmed up and stretch. At the start of tryouts, the Coaching staff calls all the players in to welcome them. Mr. Oblas or Mr. Weeren will be at the tryout to confirm all the proper paperwork has been turned in. After check in is complete, tryouts will begin with the fitness test (Man. U. Fitness test): The tryout schedule and fitness test below:

Man. U. Fitness Test:

Length of run is 100 yds. Time will be call out at 50 and 100yds

RUN SPRINT TIME/ RECOVERY TIME:

- 1-10: 25 sec / 35 sec (Program Consideration Factor)
- 11: 24 sec / 36 sec
- 12: 23 sec / 37 sec
- 13: 22 sec / 38 sec
- 14: 21 sec / 39 sec
- 15: 20 sec / 40 sec (Varsity Consideration Factor)
- 16: 19 sec / 41 sec
- 17: 18 sec / 42 sec (Varsity Starter Consideration Factor)
- 18: 17 sec / 43 sec
- 19: 16 sec / 44 sec
- 20: 15 sec / 45 sec (Colligate Consideration Factor)

The **RECOVERY TIME** is a slow run back to the original starting line.

There are 40 total sprints. Once you complete the 20 sprints, the list will be continued in reverse for athletes at that level (from sprint 20 - sprint 1.)

The players fitness level is determined by the last SPRINT TIME that you managed. (For example---you failed to make the 22 second sprint so you are at Level 12)

TRYOUT SCHEDULE: ALL tryout sessions will be held at the main stadium.

MONDAY: Session 1 - 1000am - 1215am

Session 2 - 4:00pm - 630pm

TUESDAY: Session 3 - 4:15pm - 700pm

WEDNESDAY: Session 4 - 4:15pm - 700pm

THURSDAY: Session 5 (if Needed) / or Training

FRIDAY: Session 6 (if Needed) / or Training