

SOCCKER 2016

GENERAL INFORMATION

Soccer Tryouts are March 21, 22, and 23. Always bring gear for outside or inside practice. We will have a varsity team and sophomore team. Freshmen play on the sophomore team.

1. YOU MUST HAVE A CURRENT PHYSICAL ON FILE BEFORE YOU ARE ALLOWED TO STEP ON THE FIELD MARCH 14.
2. Monday, March 21: All grades report to the turf field at 5:00 pm.
3. Tuesday, March 22: Freshmen and sophomores report to the top field at 3:30 pm. Juniors and seniors report to the turf field at 5:00 pm.
4. Wednesday, March 23: All grades report to the fitness room at 3:30 pm. We will practice on the stadium or top field after lifting. Varsity and sophomore teams will be announced at the end of practice.
5. Thursday, March 24: Both teams report to the turf field at 5:00 pm.
6. Friday, March 25: TBA
7. Our schedule is available on the high school athletics web site. The varsity travels to Des Moines on April 2.
8. Winter conditioning has started for boys not out for a current sport. Grades 10, 11, & 12 are lifting on Mondays, Wednesdays, and Fridays. Freshmen lift on Tuesdays and Thursdays.
9. Open gyms start on January 27. We have the Middle School gym from 8:00-9:00 pm. We will also have the gym on February 3, 10, 17, 24, and March 2. SHIN GUARDS MUST BE WORN.
10. We will offer practices over spring break the week of March 14. The times will be announced in the weight room and open gyms.

If you have any questions contact coach Penn at bpenning@bettendorf.k12.ia.us