

“What to Know” for 2016 CSAS Girls’ Soccer

Tryouts

Tryouts are tentatively scheduled for June 7-9 at CSAS from 6:00 – 7:30 pm. Girls should bring, running shoes, cleats and a water bottle. All players interested in trying out for soccer will need to have a TSSAA Sports Physical Form as well as the TSSAA Concussion Form and Cardiac Arrest Form. All of these can be downloaded by visiting the CSAS soccer website at www.csassoccer.org or through the CSAS website and going to the “Patriots Athletics” page.

Summer Workouts

Workouts will be heavily focused on conditioning and will include runs along the TN Riverwalk as well as work on the field. Each player should bring running shoes and cleats to each practice in preparation. Practices should be from 6:00 – 8:00 pm on Tuesdays, Wednesdays and Thursdays and will begin on June 14th. Practices will be held each week, but will interrupted for the TSSAA Dead Period and a Team Camp. In August, these will be switched to full-week practices and will move to 4:30 pm. Participation in the summer workouts is not a requirement for being on the team, but will be a factor in determining playing time once the season has begun. Anyone needing to discuss conflicts with summer practices should contact Coach Poss by either phone or email.

Dead Period

Dead Period is a two-week period where no activity takes place. The coach cannot talk with the players and no organized practice takes place. Nothing goes on at school. The time is mandated by the TSSAA. This year, Dead Period is from June 26th through July 9th.

Team Camp

CSAS will again be participating in a High School Soccer Team Camp held at a University. The dates are not yet set as we are still looking, but the expected cost is \$375 for residents. The camp isn’t cheap, but a pretty good opportunity for team bonding and some games. More information will be forthcoming, but parents already on the list from last year should have seen information already. Camp is not a requirement for playing on the team, but we would like a good showing as it offers a higher level of coaching and instruction as well as helps build team chemistry.

Schedule

The schedule for the upcoming season is posted on the website mentioned above under the “HS Girls” page. It is subject to change, but should be pretty well set. JV games will be added as we find other teams to play. A paper version will be available soon.

Fees

Team fees for CSAS Soccer teams have been VERY cheap although costs of running the program have continued to go up. This year, we will need to replace some equipment, buy paint, pay for referees, etc. and depend on team fees for part of these costs. In addition to the school’s TSSAA fee of \$10 per athlete, we will be charging a team fee of \$35 per player. Other items, such as shorts, socks, t-shirts, etc. will be addressed closer to the season’s beginning, but to estimate those costs, one should plan on about \$24 for shorts, \$15 for socks and \$15 for team t-shirt. These are not required items so long as you have something from a previous season that still complies with what we wear.

In addition to team fees, we would like to be able to generate some fundraising ideas for larger expenditures. We were able to purchase new soccer goals last year, but are still in need of better ground maintenance and an underground watering system. We welcome ideas to raise money as these are items not covered by team fees.

Check out the website for updated information or to get on my mailing list. If you have any other questions, please send them to Coach (David) Poss at buddyfrio@gmail.com or poss_david@hcde.org. Thank you.

