

Coronado High School Women's Soccer 2023 Fall Season

Intramural Information:

July 5 through tryouts

Mondays, Wednesdays and Fridays 6-7:30am

Bring running shoes, cleats and shin guards, if you have them, and water.

Athlete Registration:

All athletes trying out must register on www.aktivite.com and be cleared by tryouts. Without completion and clearance of this registration, athletes will not be permitted to try out.

Tryout Information:

Tryout Dates: August 5th at 7am (running shoes necessary) AND August 7th, 8th and 9th after school.

There are 3 women's teams to try out for: Freshmen (B) Team, Junior Varsity and Varsity. Each team will have roughly 18-22 players on the roster.

All athletes will wear their numbered tryout shirt to all dates of tryouts. These shirts can be purchased during intramurals and picked up during the CHS Welcome Back BBQ in room 326. They can also be picked up at the first tryout. The cost is \$40.

During tryouts, athletes will be assessed on various soccer skills, speed and agility and a 3.3 mile run. Athletes should prepare by training daily focusing on the following aspects:

- Juggling the ball- feet only
- Ball control in tight spaces
- Agility exercises and sprints of varied distance
- Distance conditioning
- Game experience

Season Notes:

Practice times may vary, but are generally immediately after school.

Typical game times:

B team- Saturday mornings

JV Team- 6:00pm

Varsity Team- 4:30pm



You will want to stay connected to the program by following us on Facebook (Coronado HS Soccer) or Instagram (@chs.womens.soccer).