



# RUCKEL MIDDLE SCHOOL

## GIRLS SOCCER TRYOUT GUIDE

### 2021-2022 SEASON

This information can be found at the school website  
<http://www.okaloosa.k12.fl.us/ruckel/athletics/default.htm>

In order to participate in any athletic team, students must have a minimum 2.0 grade point average and the *updated* **Sports Participation Forms** on file in the Front Office. Students interested in trying out for girls soccer need to have all their paper work turned in to the office **before** they may participate in practices or tryouts. Please keep a copy of the forms for yourself as well.

**If these forms are not completed you will not be able to tryout!**

## TRYOUTS TIMELINE

### DATES | PLACES | TIMES

- **Sports Participation Forms** for Girls Soccer are due to the Ruckel Front Office **NO LATER THAN Monday, October 18.**
- **6th Grade Tryouts: Monday, October 25 3:00 to 5:00 pm**  
**\*CUTS WILL BE MADE\***
- **7th & 8th Grade Tryouts: Tuesday, October 26 3:00 to 5:00 pm**  
**\*CUTS WILL BE MADE\***
- **All who made 1st cut: Wednesday, October 27 3:00 to 5:00 pm**  
**\*FINAL CUTS\***
- **If needed, there will be an additional tryout Thursday, October 28 from 3:00 to 5:00 pm.**  
There will be a roster posted on my door (room 501) each morning for the players who are invited to participate in the upcoming tryout.

## WHAT TO BRING

- Athletic clothes
- Soccer Cleats
- Soccer socks and shin guards
- Running shoes
- Water
- **Do not bring any jersey affiliated with any travel or city team.**
- **Do not bring any soccer balls.** They will be provided by the school.

## **RMS SOCCER TRYOUT CRITERIA**

- **Athletic Ability** - speed, fitness, quickness, strength and recovery
- **Technical Ability**- ball control, foot skills, passing, shooting and volleying
- **Tactical Understanding**- vision, on and off the ball movement, anticipation and proper communication
- **Attitude and Mental Toughness**- Desire, coachable, positive and team orientated.

## **FALL WORKOUTS**

There may be pre-conditioning workouts in October. Everyone is invited to these workouts and they are voluntary. Training may consist of dribbling, small-sided games and conditioning.

## **CONTACT INFORMATION**

If you have any questions or concerns please feel free to email at [shelby.lennon@okaloosaschools.com](mailto:shelby.lennon@okaloosaschools.com) or ask me in person at room 501.

Thanks,

Coach Lennon