

Welcome to the St. Paul Central Boys Soccer Program 2022 season!

Hi there, my name is Coach David and jointly with my coaching staff we are happy to welcome you to Central H. S. and excited that you want to play soccer for us. You will be joining one of the best competitive soccer programs of the state, with regular state tournament participations and consecutive City conference championships since 2017, our players include several All State, a Mr. Soccer Finalists and Metro Player of the Year.

This letter will provide you with the information you will need as you prepare for Central H.S. and playing High School soccer. Central Soccer is a very competitive sport program with a large time and effort commitment for a 3 ½ months period beginning in mid-August and ending in late October. We have around 120 students come out for tryouts but ONLY field three 22 players teams. Not all participants make a team, and there will be cuts. The teams will consist of a Varsity, a JV, and a C Squad. The C Squad is made up of mostly 9th graders and serves as their introduction to our program and the school, the JV and Varsity squads are made from some of the best players of the state. The six qualities of a Central Varsity Player are:

1. Fitness, candidate must be able to play at a high level for 80 minutes plus overtime
2. Skills, candidate must have a solid command of soccer basics i.e. first touch, shooting, tackling, etc.
3. Soccer IQ, candidate knows, understands, and plays basic soccer formations and tactics i.e. pressing, overlapping, 4-5-1/4-4-2/ etc.
4. Coachability, candidate must accept feedback, listen, and trust the coaches and apply recommendations
5. Adaptability, candidate can play a variety of positions and be flexible and willing
6. Teamwork, candidate ALWAYS puts the team and health of the program ahead of personal gain.

A key part of our program is our voluntary and intensive Summer Soccer Training, during this time players get to know and play each other, while meeting the Coaches, Captains and learning about team expectations and culture. This program is an intense, 3 to 5 days a week, 7:00 am training that includes strength and conditioning, nutrition, scrimmaging and free play, this is your BEST chance of showing us what you can do on the pitch! I am sure you will have many questions; the best way to stay informed and up to date with team news and events is to follow our social media accounts since these are kept up to date with team info:

- Facebook: www://facebook.com/stpaulcentralsoccer
- Twitter: @soccerminutemen
- Instagram: minutemen_soccer
- You Tube Channel: St Paul Central High School Boys Soccer Program

If your questions are not answered by this letter, please contact me Coach David at 651-964-8126 or at Coach.David@futbolforall.org.

Important Dates:

The official start of Tryouts is Monday August 15th, from this point on a Central soccer player can expect to play or practice 5 or 6 days a week, sometimes double sessions, every week until the end of the season in October.

Summer Soccer Training starts Tuesday June 14th at 7:00 to 8:30 AM at McMurray Fields

Last day to register for soccer is Friday August 12th, 2021. All players **must** be registered and cleared by the athletic office before they can participate!

The following check list of forms and participation fee are due FRIDAY before the first scheduled day of practice.

☐ MN State HS Eligibility Statement/Sports Health Questionnaire form (signatures needed on both sides) REGISTER ONLINE on the main Athletic Website.

☐ Current Sports Physical (sports physical exams are required every three years) forms are on the main Athletic website.

☐ Participation fee is \$45.00 (\$20.00 for students who received free or reduced lunch fees). Check or cash payable to Central HS.

ALL FORMS/FEES ARE DUE **FRIDAY** (August 13th) BEFORE START OF SEASON

DO NOT mail forms and the participation fee to Central H.S. Registration must be completed online and fees must be hand delivered to the Athletic Office (Room 1407) PRIOR to or on the FRIDAY BEFORE the first scheduled day of practice.

<i>Summer Athletic Office Hours: Monday- Friday August 9-Sept.3, from 7:00am to 3:00pm</i>

Contacts

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